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H&E

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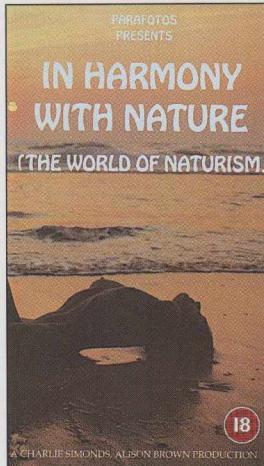
Go
barmy
in the
Bahamas

Life's a huge naked beach
- stripping off in France,
Spain and The Canaries

No-clothes Yoga

Nude pools -
round the
corner from
YOU

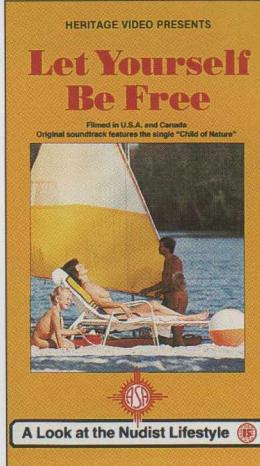




Charlie Simonds and Alison Brown made over a dozen films about naturism around the world. In this film they present a lively look at naturism and visit naturist resorts in the UK, France, The Caribbean, the Greek Islands, Spain, the Canaries and the Balearics. A good introduction to the fun of naked leisure. (approx 55 mins)

£21.99 inc UK p&p

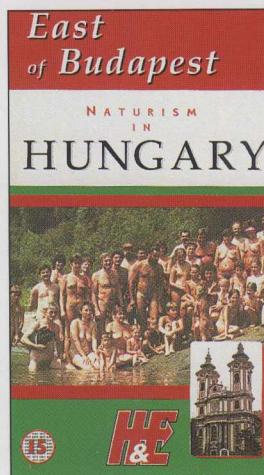
A CHARLIE SIMONDS, ALISON BROWN PRODUCTION



This video is one of the most extensive productions undertaken by the American Sunbathing Association, exploring in detail the modern world of nudism. Filmed on location in USA and Canada, it offers a magnificent vista of contemporary nudism. Nudists extol the virtues of our lifestyle through a series of candid interviews. (approx 30 mins)

£16.95 inc UK p&p

ORDER YOUR VIDEO CHOICES ON PAGE 59



From the historic splendour of Budapest to the rural charm of the Hortobagy; from mediaeval Muslim Eger to Calvinist Debrecen there are naturist camps of every shape, size and constitution imaginable. Enjoy this series of glimpses into the naked lifestyle of those East of Budapest. (approx 47 minutes)

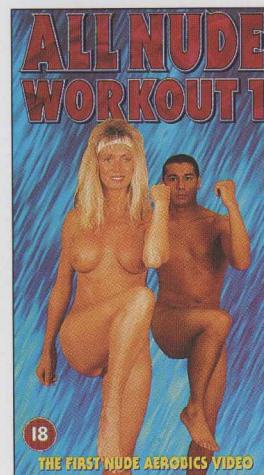
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Someone once said "Anything you can do with clothes - you can do without." Find out if that's true in the first volume of Naked USA (California), featuring Hawaiian wedding, bareback riding, underwater swimming and Black's Beach. (Vol 2 also available - nude skydiving, Indian rituals, hot springs) both approx 60 minutes

Part 1 or 2 £21.95 inc UK p&p

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Want to get into shape and keep fit nature's way? Then try this, the first of the Nude Work Out series. Not only can you learn to shape and firm your body, you can feel encouraged by the other naturists taking part in the video work out. (Nude Work Out 2 & 3 - sexual fitness also available) (approx 55 mins)

Work Out 1 or 2 - £19.99 inc UK p&p

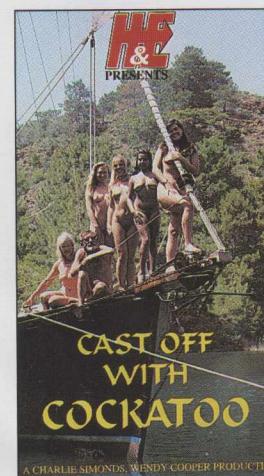
Work Out 3 - £26.99 inc UK p&p



Wendy Cooper and Charlie Simonds provide clear practical guidance on how to start, or improve your video filming technique. This informative and entertaining film is shot in beautiful naturist surroundings. Whatever your level of video expertise, there is something here for you. (approx 55 minutes)

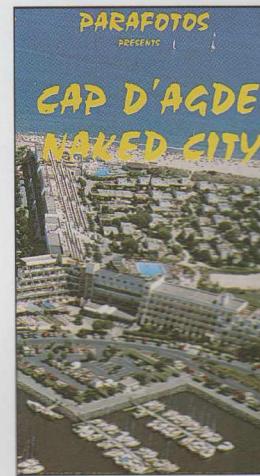
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NEW FREEDOM VIDEO SELECTION - MORE FOR ANYONE WHO LOVES THE NAKED LIFESTYLE



The Turquoise Coast of Turkey is the picturesque setting for a naturist sailing holiday aboard the ship Cockatoo. Discover a beach of tortoises, and hunt for ancient treasure underwater. Turkey is a country with a rich and fascinating culture into which you can dip through this Charlie Simond's video (approx 55 minutes)

£21.99 inc UK p&p



Take a look at the resort of naturist Cap'Agde, which at the height of the holiday season accommodates 40,000 naturists. You can shop, visit the bank, or go to the hairdressers without a stitch on - (as well as relax or swim of course!) Naked Cap d'Agde is a naturist phenomenon unrivalled in the rest of the world. (approx 55 minutes)

£21.99 inc UK p&p

Best of the summer

September can be one of the best months for enjoying life without clothes. For a start we don't look as anaemic as we did at the beginning of the summer (if you haven't got a tan by now, let's face it, you're not going to get one!) and we can enjoy lying out in the sun without having to worry too much about burning.

The beaches and resorts are far less busy as the kids go back to school, and we can capture a little peace and quiet before it gets too chilly to go out at all. If you want to make the most of the beach weather, take your choice of Selsey or Climping beaches. The choice is yours but read our features to make sure your choice is the right one!

We recapture the heady days of summer with our report on World Naturist Day which H&E spent with the Sun Folk. But if it's escapism you're after, then enjoy our features on the Bahamas and Fuerteventura.

For inner-city sun-lovers who don't like getting sand between their toes, we find out if you can strip off at your local swimming baths. We have our usual fascinating pieces on health and body art - warning: they may well inspire you to do something radical with your body.

Have a sizzling September, and make it a naked one!



**HELEN
LUDBROOK**



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FEATURES

12 CLAPPED OUT AT CLIMPING

Avoid this beach at all costs!

Alan and John

14 NAKED CON-TENT-MENT

The Friends of Nature canvas support

Robbert Broekstra

22 NOT JUST A LOT OF HOT AIR

World Naturist Day at Sun Folk

Helen Ludbrook

34 CAN I GO NUDE?

What would your local pool say to nudity?

Sean Conroy

38 "A GOOD BEACH - BUT

BRING YOUR ROCK-

CLIMBING GEAR!"

Naked manoeuvres on Selsey Beach

P Harrap



REGULARS

8 ACCESS ALL AREAS

All your naturist experiences

26 THE NO-CLOTHES ZONE

Naked readers snapped up!

40 EXPOSED!

Nude news

50 BUNNYING WITH BUGS

The tattoo psychologist who can afford to be choosy

Jon Williams

66 HIGH ON JULY

A heady summer of pleasure in France

Barbara

68 DIANA AND GEORGE

Listening without prejudice

70 SUN, SEA AND FUN IN...

Ireland



HEALTH

18 YOGA-NA LOVE THIS!

On the set of H&E's new naturist video

32 HEALTH BITES

Health info for the naked

TRAVEL

8 ALRIGHT AT ALMANAT

A wonderful Spanish club

CS Frost

4 "OURS WERE THE ONLY FOOTPRINTS"

Stripping solo in the Bahamas

Sue and Bob Firth

46 WEATHERING IT AT LA JENNY

Risking it on the French coast

M. Burkimsher

61 LIFE'S A HUGE NAKED BEACH

All the fun of Fuerteventura

Neale Zacks



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ART EDITOR John Clement

THE 98th YEAR OF CONTINUOUS PUBLICATION

Health and Efficiency was established in 1900 and has incorporated Sunbathing Review and Vim. The magazine is entirely independent. We think bodies are fab! And everyone has a right to enjoy a naked lifestyle whatever their age, size, or sexuality. We reflect the wonderfully diverse ways people take pride in their bodies and what nudity means to them. From health, body-art and relationships to everyday club and beach life, there's always something new to hear about.

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**When the Firths
went to The
Bahamas they
didn't worry
about the
nudity laws -
when there's no
one to see you,
who cares!**



“Ours were the on

We had always wanted to visit The Bahamas, and now that my business trip to the States was over, we had eight days to kill before flying back to England. We stayed for two nights in Nassau, and then flew to Eleuthera for our remaining time.

There are two things that you have to know before visiting The Bahamas. The first is that nudism is forbidden, and the second is that it's awfully expensive. With the miles of secluded beaches, the first is no real problem. There is no solution to the second.

We stayed at the Holiday Inn on Paradise Island in Nassau, having been collected from the airport in a vast stretch limousine, complete with bar, curtains and telephone. Paradise Island (formally called Hog Island) is an island off the main land, linked by a 400 metre bridge. It is totally devoted to hotels, restaurants and bars and the bridge in the early morning is jammed with cars bringing in the service workers from Nassau and beyond.

During the day, Nassau is bustling with life and is full of tourists. Bay Street is the main shopping street, and everyone is very friendly, saying "Hi, how you doin'" at every available opportunity. At night, however, it's very different, with only police and unsavoury characters around. Nassau, being mid-way between North and South America is a staging post for all sorts of drugs.

We cannot say that the crowded commercialism of this vast city on such a small island appealed to us at all, so it was with some relief we set out two days later for Eleuthera, a short 40 minute flight away.

Our final destination was to be the main town, Governor's Harbour. We flew along the edge of the island and saw scenery that truly took our breath away, with miles and miles of palm fringed beaches, seeming to go on forever.

Eleuthera, although over 100 miles long, averages about two miles wide throughout its length, so we were able to see both the calm Caribbean side and the much wilder but prettier Atlantic side at the same time.

Governor's Harbour "International" Airport was not much bigger than North Island's, and we quickly collected our luggage from the small island hopper and took a taxi to our apartment in the town. The road was dreadful, with massive pot-holes everywhere and it needed all the skill of our rather unskilful driver to avoid knocking our heads on the taxi roof with every bump we hit. There is a speed limit of 30 mph all over the island, but it would have been impossible to go faster.

We expected that for the money we had paid, we would get a luxury apartment, but although the bed was comfortable and the grounds were exotic, quite frankly the cleanliness of it all, particularly of the kitchen, was appalling. There was even mould growing in the coffee percolator. However, we were surrounded by natural beauty all around us, and we resolved that the total lack of hygiene would not detract from our enjoyment of our holiday.

Our apartment was on the Caribbean side of the island, but, using a local map that our host lent us, we made our way to the Atlantic side, to a beach composed totally of pink sand, part of which is used by Club Med. This beach was the first of many dream beaches that we found during the next few days. Beaches completely deserted, off-shore mini islands surrounded by sand with just a single tree in the middle, and water so clean, teeming with fish. It was all truly stunning, with each beach we found more beautiful than the previous one.

In all honesty, the law against nudity didn't worry us at all. In fact, during our stay we didn't see a single person on any of our secluded beaches. Ours were the only footprints to appear during the day, and the only ones to be swept away by the waves.

We did hire a car while we were there - it was the only car for hire in the whole of the town. A huge American Chevy with a crack running the length of the windscreen, no rear view mirror, rust and extraordinary noises emanating from various places whenever we turned a corner.

These cars are imported from the States when they are so old they can no longer be driven legally there. The Bahamas gives them a ready market. Nevertheless, it has to be said, it was quite the most comfortable car we've ever been in.

I should perhaps say a few words about the town of Governor's Harbour. It's not really a town at all, more of a sprawling community of the type you would expect to find at the edge of an African township, with dogs and chickens running about all over the streets. A set of traffic lights was installed some years ago at the junction of two "major" roads, but it caused such chaos and so many accidents that it was quickly disconnected and now swings precariously from a sagging wire: a reminder of a distant past when there was an attempt to enter the 20th century.

The people are wonderful. Ninety-nine per cent were black and possibly the most friendly peoples we have ever met. On our first evening, while we were walking along the waterfront, we came across a sort of market stall in a field. There was a black man standing behind it and we went to see what he was selling.

All that was displayed was a bottle of gin, a can of condensed milk, and a whole pile of coconuts. He asked us if we wanted to try a cocktail and my immediate reaction was "how much?". "Try it first" he said, so rather reluctantly, with my wallet stuffed very firmly deep into my pocket, we accepted a glass each. It was truly delicious.

"Okay" I said, "now tell me how much it's going to cost me". He explained it was all being done for charity and wasn't allowed to charge anything, just accept what was given. When I offered him \$4.00 he was over the moon, and gave us free drinks all evening.

Religion, and a form of voodoo in which they are as afraid of God as the Obeah man, abounds. It seems that there's a church of some denomination

During our stay we didn't see a single person on any of our secluded beaches. Ours were the only footprints to appear during the day, and the only ones to be swept away by the waves.

..."

only footprints...



Sue prepares to leave her mark

on every street. There is no real poverty in Eleuthera, and as such the dividing line between rich and poor, that line which often exacerbates the crime rate, does not exist.

By and large they are very contented and don't appear to want all the trappings of the "civilised" world. It's difficult to imagine how they make a living. Food costs were twice that of England and a simple meal out was in the region of £50 for two, excluding wine.

Most things are imported, including food, and duty of up to 40 per cent is levied. While there is no income tax, there is a sales tax and this, together with the cost of importation, makes everything very expensive, (with the exception of liquor).

Even fish, with which the waters swarm, are not cheap, but most Eleutherins supplement their supermarket purchases with fish caught locally by their friends. Conch (pronounced conk) is a favourite

By and large they are very contented and don't appear to want all the trappings of the "civilised" world. It's difficult to imagine how they make a living.

food, and restaurants have such varied courses as conch salad, cracked conch, conch fritters, fried conch, boiled conch, baked conch, and even conch pizzas. There is very little imagination in their cooking!

It is worthwhile visiting Harbour Island in the north, a melting pot of cultures, both old and new. This island was one of the first to have been inhabited by the original white immigrants, descendants of British loyalists from the States. Also worth a visit is Spanish Wells, another island in the north. Once again this was first inhabited by white settlers in the States, but because of the lack of later "blood" into the island, most people share one of six last names.

On the way to the north, you drive over a bridge at the Glass Window. At this point, Eleuthera nearly becomes two islands. The thinnest of threads connects the north island to the south. On the western side the sea is normally as smooth as coloured glass, while a few yards away, on the eastern side, waves crash against the rocks.

It's to the south of the island though, where you find most of the deserted beaches. You are never more than a short drive to the east or west of the island, and the main north/south road (there is only one, so you can't get lost) has frequent tracks leading off. Most of these end at a beach, but beware: in many cases there is nowhere to turn around, and a long reverse may be necessary. Also be aware that in the event of a breakdown there are very few settlements and even fewer cars along this stretch of road, so help could be a long time coming. Ah well! Always time for another conch salad.

At Rock Sound, near the southerly tip of the island, there is a "blue hole". A blue hole is a small lake connected by underground caves and passages to the sea, therefore the water rises and falls with the tide. These holes are teeming with fish, some of them quite large, and even turtles can be seen quite often.

On the way back we passed a building with the hand-written sign "Madeleine's French Restaurant". As we were rather hungry, and we had passed no other eating places on the way, the thought of French food as an alternative to conch seemed rather inviting.

We entered a well laid out dining room where an elderly lady stood. "Are you open?" we asked. "I'm not sure," was the reply. Not knowing quite how this conversation was going to progress, I asked what was on the menu. "Nothing," she said. This was most intriguing. "You see," she continued, "we ran out of gas and my son has gone off for a replacement bottle," she explained. "We're not in a hurry. How long has he been gone?" "About three weeks" she said.

We settled on a drink. However, as she'd never mixed a drink before we did it ourselves. We learnt she had been working for the same Americans for 49 years as a housekeeper and had never had a holiday - "who would look after the house if I went away?" We asked for the bill and were not surprised that she had no idea what to charge us. We gave her a good tip as she'd provided us with a most congenial time.

Both of us loved Eleuthera and will undoubtedly go back again. But high on our list of new islands to visit is Abaco, another of the Family Islands about which we've heard very good things. We will let you know what we find... **ME**

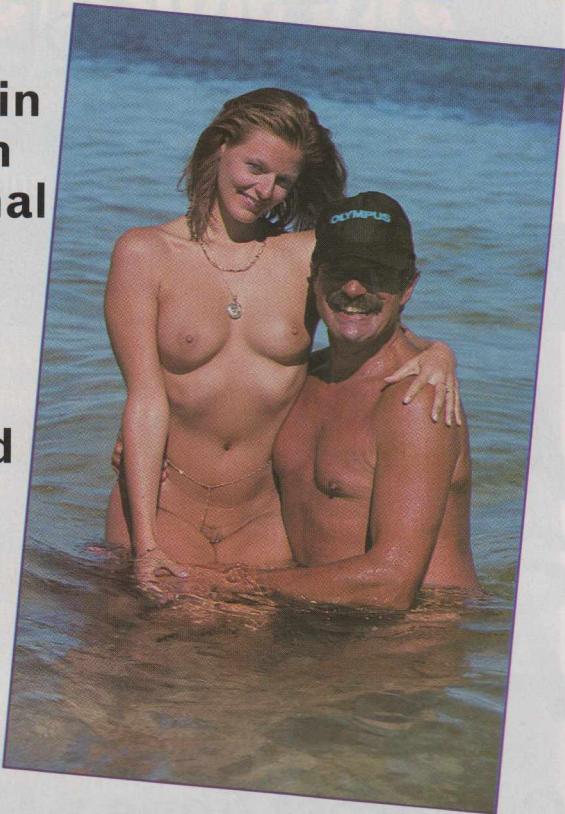
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H&E
here to help

H&E 'quarterly' edition is now bi-monthly! Look out for H&E's 'new' edition - **H&E LIFESTYLE** - on sale 11th September

ACCESS ALL AREAS

Share with us *your* news, views and pics -
the chance to connect with your kind of people!

Alright at Almanat

C.S. Frost finds a Spanish club that meets all his naked needs

Eventually it stopped raining. This was the wettest and coldest winter we had ever known. Only the residents of this pleasant land will know of the intensity of the rain when it arrives, and arrive it did after nearly five years of hot sunny weather when it would have been difficult to realise it was winter.

As we watched the deep mahogany tans fade from our skin, we wondered if we would ever manage to get into the sun once more. In May, the sun finally shone through, set in a deep blue sky, although the wind was chill, blowing from the snow-capped mountain range to the north.

We decided to visit Club Almanat because it was the nearest club to where we lived. We turned off the main route onto a level tarmac road. After passing through a kilometre of agricultural fields, our progress was barred by a pole barrier which was securely padlocked. The whole area was enclosed by a chain link fence!

In June, we decided to make another foray into Torre del Mar, and this time our investigation bore fruit. The barrier wasn't padlocked and a very pleasant young man, who was using his car for a ticket office, emerged to issue us a ticket for the undercover car park.



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Worth the wait

Leaving the vehicle and passing through an ornamental iron archway, we found a fine grassed area which included a small tropical garden complete with a goldfish pool. Beyond this was a little restaurant. What other facilities would you expect? Lockers, telephone, toilets and sun bed hire? Well, they are all here!

The grey sand and shingle beach was open to the four winds. All very nice on a hot Spanish summer's day, but it could be a trifle too cool during other seasons.

This playa nudista has everything you would expect from a private club and the only charge was for car parking. The whole club encompasses an area of some 10,000 square metres of supervised space, and is open to all who believe that total nudity is the best dress for the beach.

This year the camping facility should be complete and the club may remain open the whole year.

How to find it: From Malaga at K269 on the N340, turn right at the ruined Martello tower. Beside the tower is a large notice advertising the club. The hard road is narrow but sign-posted at every turn.

**THE GREY SAND
AND SHINGLE
BEACH WAS OPEN
TO THE FOUR
WINDS. ALL VERY
NICE ON A HOT
SPANISH
SUMMER'S DAY,
BUT IT COULD BE
A TRIFLE TOO
COOL DURING
OTHER SEASONS.**

An impossible bird

We were very pleased to see the latest H&E on the shelf of our local newsagent in South Lancing - where the penguins come from.

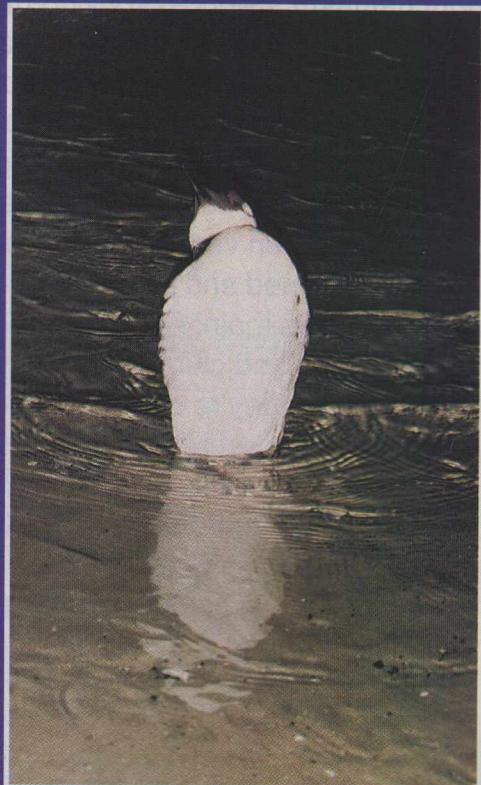
Penguins? I hear you say. Yes, penguins. I was walking along South Lancing beach at about 10pm in April and as there was no one around to offend, I stripped off. I was wandering in and out of the surf at low tide and I wandered past what I thought was some white rubbish that had been thrown out by a ship when I heard a strange noise behind me.

Thinking it was a dog, I peered into the night to see what looked like a penguin on its belly using its flippers to move across the sand and back into the water. A penguin? I thought - it can't be so.

As I turned round to investigate, I saw it actually was a penguin. I had a conversation with it - you know the usual thing where do you come from, and what are you doing here etc. I decided it was worth the risk of going home and getting the camera. I came back with the camera and flashlight and the penguin was still there. I took a few pictures, but in the dark it wasn't easy to see how the penguin was posing.

The local radio station was interested in my story and took my photo to the experts but they said it was impossible as penguins didn't visit our shores. This photo is evidence the impossible can happen.

CR South Lancing



Going potty!

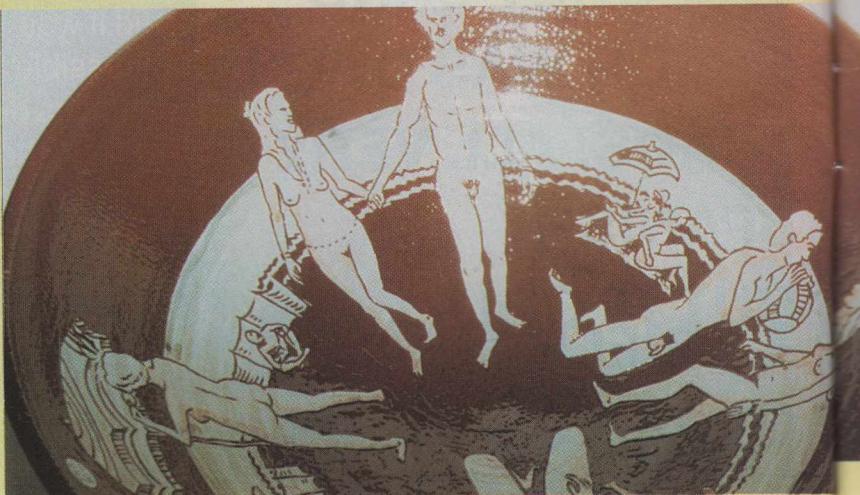
Frank Haynes is well-known in the naturist community for his pottery. Several potters in the UK. make ceramics with figure decoration but Frank, who lives in south Leicestershire, is the only one to feature the naturist lifestyle.

The technique is called sgraffito, which means drawing or scratching. It's a time-consuming method, with up to three hours being spent on the drawings alone for a large bowl.

Honey-glazed earthenware pottery is not new, but Frank's naturist style is unique and sought after. Some pieces have gone as far as Taiwan - do they have naturists out there?

The figures often give rise to comment and question in Frank's gallery. This can lead to discussion about naturism. People usually remark that the pots are "Greek-style" - a parallel with the red/black Greek pottery produced almost 2,000 years ago. The Greek potters drew the stories of the day, involving their heroes, satyrs and courtiers, battles and love scenes, with often very rampant sexuality. The pots informed and poked fun.

Franks draws mainly the beach scene but also sports and club life on his wheel-thrown bowls. They're only available at his gallery (near Market Harborough), so if you wish to buy, commission or order, give him a call on 01858 464862 (Thursday to Sunday, 10am to 5pm only). Prices range from £25 to £80. (They also make great presents for retiring club officials!)



Tell us about your holiday!

Send us a feature, however small, on your naturist holiday and you could earn yourself some money and naked admiration from all our readers. If you want to learn from the naturist experiences of others, then start by informing the readers about yours!

If you want guidance on writing or taking photos, then drop us a line at the usual address with a sae and ask for writers' guidelines.



You could eat
from these
bodies



Clapped out Climping

When
John and
Neil
popped
down to
Sussex for
some
naked
relaxation
they didn't
realise it
would turn
out to be
such a load
of old
rubbish



The weather was quite promising on the Sunday in spring when we made our way to Climping naturist beach. On our arrival we were greeted in the car park by a lovely new sign telling us nudism wasn't allowed as it was a family beach.

However, when we went onto the beach there wasn't a family in sight, clothed or nude, but plenty of rubbish and dog dirt. We ambled along with the wind break and settled for an hour among the dunes wishing we could strip but not knowing who might be around.

So if you're thinking of a trip to Climping - forget it! We're sure there must be more than one narrow-minded bigot on the local council.

Are there no naturist families in West Sussex?

NO NUDISM
This is a family
beach not designated
for nudism



BURNING ISSUES

Just listen out at the club or the beach and hear the excitingly diverse opinions on naked living. At *H&E* we know our READERS aren't ones to keep quiet, so we want to hear your views on a range of controversial topics. As well as printing the usual things that get you STEAMED UP, each month we'll put forward an issue of our own and ask you to send us your advice, OPINIONS or response. Come on, get writing; let those SPARKS FLY!

Our Burning Issue this month is; Should naturists ignore no-nudity signs and reclaim our former beaches?

Naked apartheid is for the prejudiced

For naturism to become widely accepted in Britain, naturists should have a higher profile. If people were found sunbathing naked on a part of every beach in Britain, special beaches wouldn't have to be allocated. The sooner we oppose this self-enforced segregation, the sooner people will stop treating us as second-class citizens or even freaks. We might

suffer resistance at first, but we have to break through the barriers before we can expect any naked freedom.

DL London

Don't rock the boat

Why do a small minority have to spoil everything for the rest of us? If naturists kept to the beaches that were well-known for nudity they wouldn't upset anyone and we wouldn't be at risk of losing the little land we have.

RJ Doncaster

idly observing the few passers-by, most of whom seemed to be heading north.

Imagine my surprise when one such stroller, a large lady walking with her friends, appeared at first sight to be wearing very tight, very white leggings but at second glance was clearly naked from the waist down. Much intrigued, I collected my belongings and followed at a distance.

A sprinkling of figures on the hitherto deserted beach

gradually came into view and it soon became apparent that I had stumbled across a genuine naturist beach! Still only wearing my swimming trunks, it took no persuasion at all for me to take off this one remaining item to become one of the happily naked gathering. The rest of the day was spent acquiring my first all-over tan and enjoying the delights of nude swimming in the calm waters of Cardigan Bay.

VW Edinburgh

Five reasons to visit Brighton Beach and I could go on...

- It's free! No membership/entry fees/rules and no "officials" to decide who should be there.
- It's clean! The council has spent a great deal of cash cleaning up the whole seafront and treating the water - you can see the bottom on a good day.
- No sand! Nothing to get in your picnic, clothes (?), sun lotion or those sensitive places.
- Easy to reach! It's just a walk from the town centre.
- Plenty to see! Men/women/gay/straight/dark/pale/singles/couples/young and old. There's something for everyone if you have to look.

So get 'em off in Brighton!

P.B Brighton

First time naked in Cardigan

My first experience of naturism came last summer when, on a day off from a work assignment in the Midlands, I visited a "clothed" beach near Barmouth on the Welsh coast where I had been many years before. Arriving mid-morning on a fine, sunny day, I went for a swim and was afterwards lying relaxing on top of the sand dunes

Plastic Fantastic

Cosmetic surgery in the UK is big business.

It's easy, coming down in price and amazingly popular among twenty-somethings - and not just the women.

"Plastic Fantastic" is a new series currently on Channel 5 which looks at state of the art cosmetic operations and the latest beauty technology.

The series has shown breast implants, liposuction, penis enlargement, lip implants, male chest implants and learned about the revolutionary use of the laser. The dangers and risks of cosmetic surgery were also explored in a special episode which tells of disaster stories.

The series features interviews with 20 of the top UK plastic surgeons, and draws on the opinions of style gurus such as Isabella Blow, Charles Worthington and Jo Hansford. Susie Orbach, Anne Atkins, Trish Adudu and some leading journalists discuss the social pressure on women and the politics of beauty.

After this programme will naturists be dashing to Harley Street for their nips and tucks? Watch this space.

Send your photos, letters, and experiences to *H&E*,
Bow House Business Centre,
Bow Road,
London E3 2SE

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To be sent with any photographic submissions

With nothing but canvas between their skin and the sky, the Friends of Nature have good reason to look forward to

their summer camping trip.
Robbert Broekstra
reports



Naked con-

For Friends of Nature, the summer is the most eagerly awaited time of the year. Over the last few months we've made plans for holidays and activities on our own or at the club, whether it's photo sessions, boat trips or the yearly camping weekend.

In the Netherlands, the sun isn't always shining, or the temperature always warm, but in spite of the fact that the forecast for this year's stay under canvas was rain and cool temperatures, almost 38 people came. On the Saturday, the weather was cloudy and warm and on the Sunday it was a blue sky with temperatures around the 22 degrees C mark - so not bad at all.

On Friday evening the caravans and tents began to roll in. Some members waited until Saturday morning to see what the weather was going to be like. Only four people stayed away. The rest of us went to the shops to buy food for the evening barbecue.

On the Saturday afternoon a volleyball game was held and at night, wood had to be taken out of the forest for a huge campfire. As dusk fell the fire was lit and soon we were all singing songs before we eventually hit the sack.

When we woke up, the sky was completely blue with few clouds and the temperature a pleasant 21 degrees. Various activities had been organised like boule and archery.

For young and old it was an unforgettable weekend, and so the Friends of Nature had a smashing time, which will certainly be repeated next year. **HE**





“Don’t shoot, I will take my clothes off!”

TENT-ment



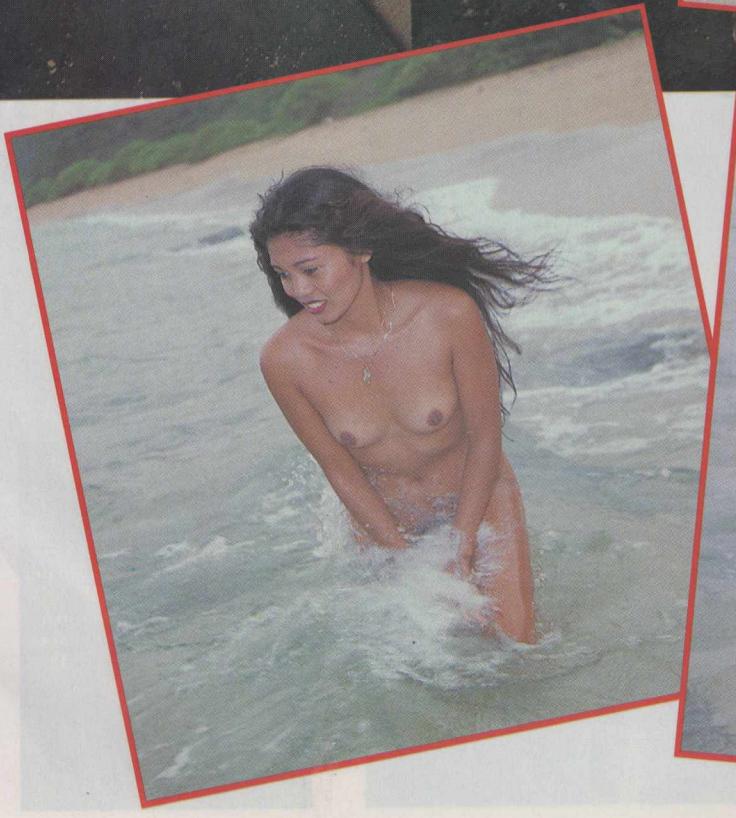
“When we woke up the sky was completely blue with few clouds and the temperature a pleasant 21 degrees.”

Naturist Centres and beaches Europe

0891 805 433
All calls are charged at 50p per
minute at all times.
Calls must be made from a
push button phone and users
must be a minimum of 18
years of age.

Bella

Naturism isn't just confined to Europe - it's enjoyed all over the world





Yoga -na love this!

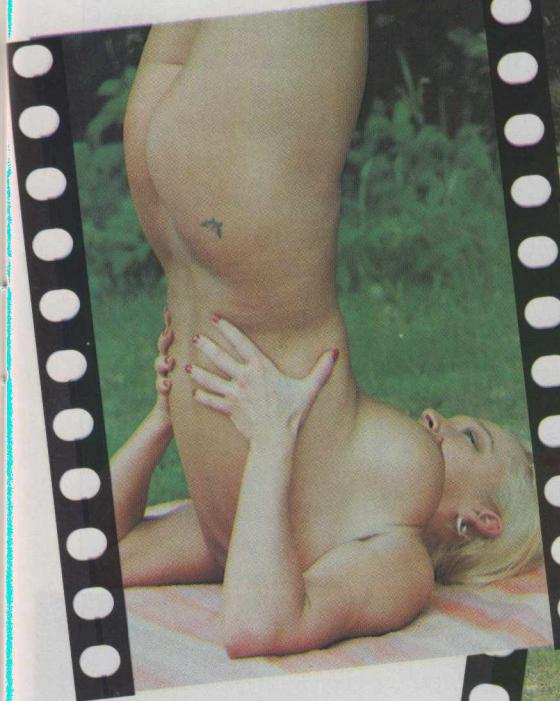


**The H&E team have been out
shooting their latest exclusive
video - on Naked Yoga. Helen
Ludbrook says don't miss the
opportunity to share in the
amazing experience**

For the exclusive H&E Naked Yoga video we went down to the beautiful Christmas Pie Woods (H&E's new club facilities). We were shooting a "beginners" yoga video with a group of volunteers - Diana and I included!

I'd never done yoga in my life so I knew I was in for an experience, but hadn't ever considered how bizarre (and how uplifting) performing it naked could be. You certainly had

Looks of concentration



to lose any hope of looking even vaguely dignified - especially when your every facial and bodily contortion was being consigned to celluloid posterity.

Peter Williams, the owner of H&E's new naturist facility, joined the merry band. I'm sure there were times when everyone wondered what on earth they'd got themselves involved with. But at the end of the session we all felt revitalised, and on an individual level got something from the experience - other than strained muscles.

The video will be superbly instructive. A clear and simple narration from a qualified yoga teacher will guide you through the moves, while your visual guidance comes from the screen. Our feeble attempts at the moves will give you reassurance, while Lynn shows you exactly how to perform them.

The wonderful thing about yoga is everyone can do it to their own level. Our naked yoga video will present many positions that are achievable by the stiffest of old bods, but there are a few surprises in store for those of you who like a bit more of a challenge.

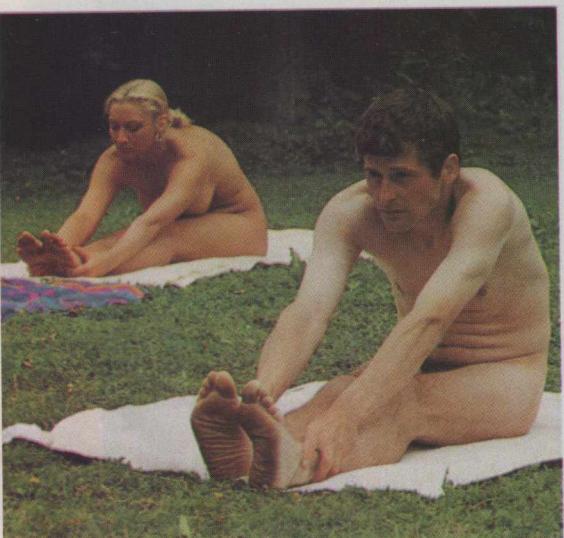
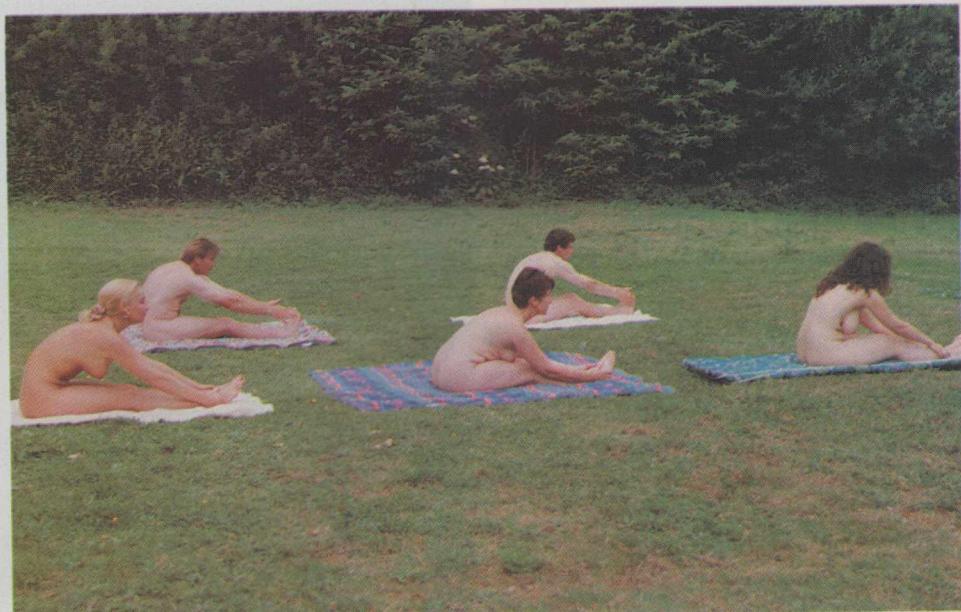
Our Naked Yoga videos are exclusive to H&E and are available from H&E Marketing on 0181 983 9969



**The video will be
superbly
instructive. A clear
and simple
narration from a
qualified yoga
teacher will guide
you through the
moves**



*See how it's done
properly... then
watch us!*

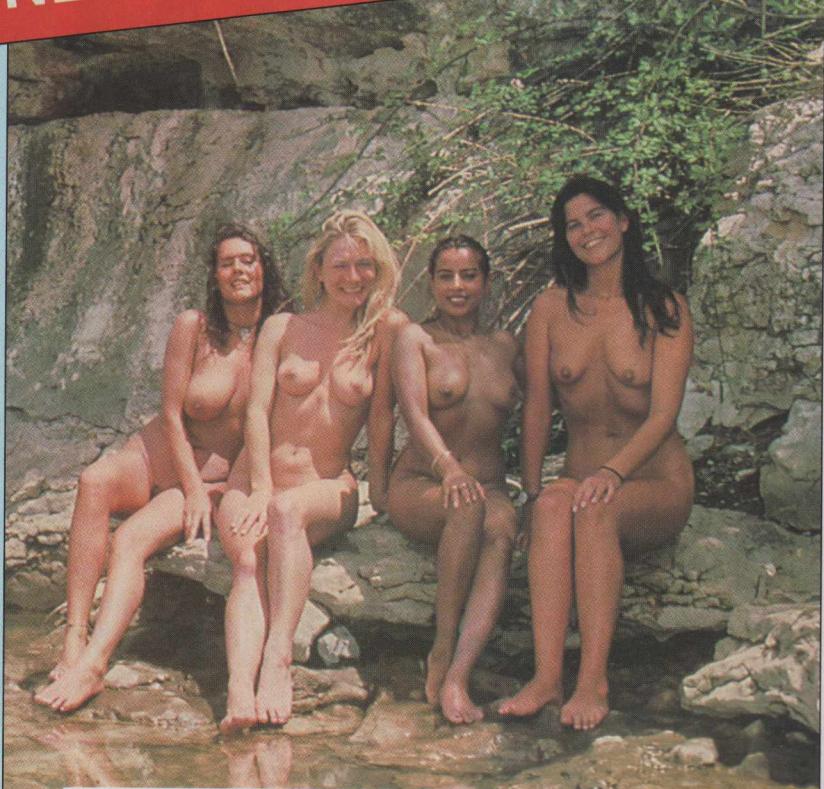


Lazily Languedoc

Many people feel that the French are one of the nations most at ease with social nudity. No surprise that one fifth of the INF naturist guide is devoted to the country's opportunities then! This happy attitude is particularly apparent in the Languedoc region of France. There are over 30 naturist beaches on the 75 mile stretch of coast between Perpignan and Sete, as well as a myriad of inland opportunities. *Lazily Languedoc* is a visual celebration of the time that Charlie, Wendy, Angie, Marieke and Holly enjoyed in the region when they were invited to stay with Michael and Barbara (both regular H&E writers) in their lovely Languedoc summer home (approx 55 mins). A *Parafotos* video

£21.99 (inc UK p&p)

NEW VIDEO - JUST OUT!



Order on page 59

NEW VIDEO - A NEW FREEDOM EXCLUSIVE

The Art of NAKED YOGA



New Freedom Publications Ltd. are pleased to present the first in a series of exclusive Lifestyle videos - **Naked Yoga (Pt 1- beginners)** Filmed at H&E's club grounds at Christmas Pie woods, this video gives clear instruction on a series of Yoga asanas (postures) suitable for beginners and improvers. It comes complete with a leaflet detailing the exercises covered in the video. Yoga is one of the best forms of exercise for toning the whole of your body - and for learning to de-stress and relax.

£19.99 inc UK p&p

Order on page 59

Approx 45 mins

Watch our H&E Yoga class struggling with some of the basics! Then be guided by the instructional narration through the points to watch for each exercise shown - clearly demonstrated by Lynne and aided by the accompanying leaflet.

Are you a Current Subscriber to H&E/ Lifestyle?

If so, take £1.00 off the cost of this Video-
subscribers save money!
See order form (p 59)

£

Not just a lot of hot air

H&E welcome any chance to promote naked living and decided to do something very special for World Naturist Day

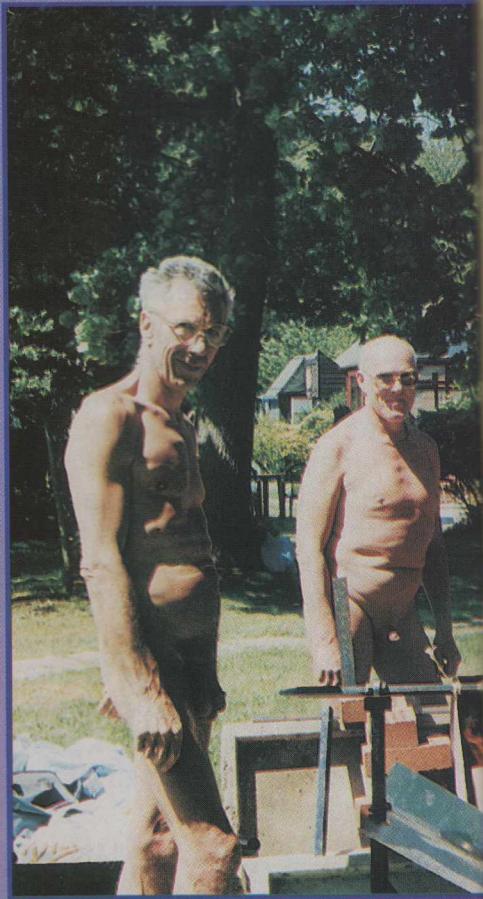
How many of you knew June 1 was World Naturist Day? Not many I bet. But H&E decided to celebrate in style down at the Sun Folk Society in Bricket Wood. This was the location for H&E's great balloon race which saw visitors to Sun Folk letting off helium balloons high into the clear blue sky.

Some of those balloons could well have ended up in Timbuktu the way the wind was gusting that day. We had to physically hang onto our stall to stop it taking off along with the balloons!

It was great to have another opportunity to meet H&E readers and see for ourselves what's going on at the clubs. The Sun Folk Society have a brand new sun lounge which will have the folk of Bricket Wood queuing up for warmth over the winter months. The rest of their grounds are geared up for the active naturist with miniten, badminton and volleyball courts. The wealth of greenery and flowers gives Sun Folk a wonderfully rural feel - they've made good use of every square inch of their grounds.

This Sunday was special for Sun Folk as well - it was their Family Day. This was an opportunity for non-members to come down and experience a day of sun and fun at the club. There was a large turn out and everyone seemed to be genuinely enjoying themselves. It was lovely to see so many families and young people and is surely evidence that a whole new generation is ↗

Going balloon bonkers in Bricket Wood





At 4pm we all stopped for tea and cake at Sun Folk - some traditions have to be maintained even when you're naked!

taking to a spot of nude sunbathing.

While in Bricket Wood it would have been a crime not to visit one of the other four clubs in this naturist mecca. Spielplatz borders on Sun Folk and even has an adjoining gate - open for special occasions only, I was firmly told. Spielplatz is the oldest club in Britain and the site has a feeling of peace and maturity. The little houses tucked away up paths and behind hedges provide a naturist Utopia - an experiment in naked living that has succeeded and flourished. To live here would be a dream come true for many of our readers.

We popped in to see Iseult Richardson who was in the middle of a TV interview with "London Tonight". We sat quietly as the interviewer chatted to three Spielplatz

members. Sun-tanned, relaxed and unselfconscious, they were excellent representatives of a naked lifestyle but the reporter still couldn't see beyond their nudity and asked the stock "nutty naturist" questions. Despite the sizzling sun trap of Iseult's garden, neither he or the camera man would even take their ties off in. They were good humoured enough though - I've witnessed far worse (the BBC!)

At 4pm we all stopped for tea and cake at Sun Folk - some traditions have to be maintained even when you're naked! And then the H&E charabanc ambled off into the sunset, leaving a platoon of balloons carrying the Naturist Day message high into the stratosphere - I wonder if naked living would take off on Mars... **HH**



H&E 'quarterly' edition is now bi-monthly! Look out for H&E's 'new' edition - H&E LIFESTYLE - on sale 11th September

Friendly faces to greet you at Sun Folk



City Spa

Naturist Health Spa

- * Sauna
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City Spa, 6 Leytonstone Road, Stratford,
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9809

Christmas Pie Woods

By the time you read this, we will have held our first open day at H&E's New Club grounds at Christmas Pie Woods in Kent.

The club will not be fully up and running until 1998.

However, in this autumn, we will be holding workshops on various topics.

If you would like to be included on our mailing list for Club Events, please send The form below to New Freedom Publications Ltd., Bow House Business Centre, 153-159 Bow Road, London, E3 2SE

Note: Anyone attending our Open Day will automatically be sent details, there's no need to re-request.

Please add my name onto the Christmas Pie mailing list:

NAME:

ADDRESS:

..... Post Code:

Daytime Phone No:
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98/09

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BROADLANDS NATURIST HOLIDAYS LTD.

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Telephone: Framlingham Earl (01508) 492907

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Share a friendly family atmosphere with genuine naturists.

Families and couples only. Three berth caravan to let in the garden.

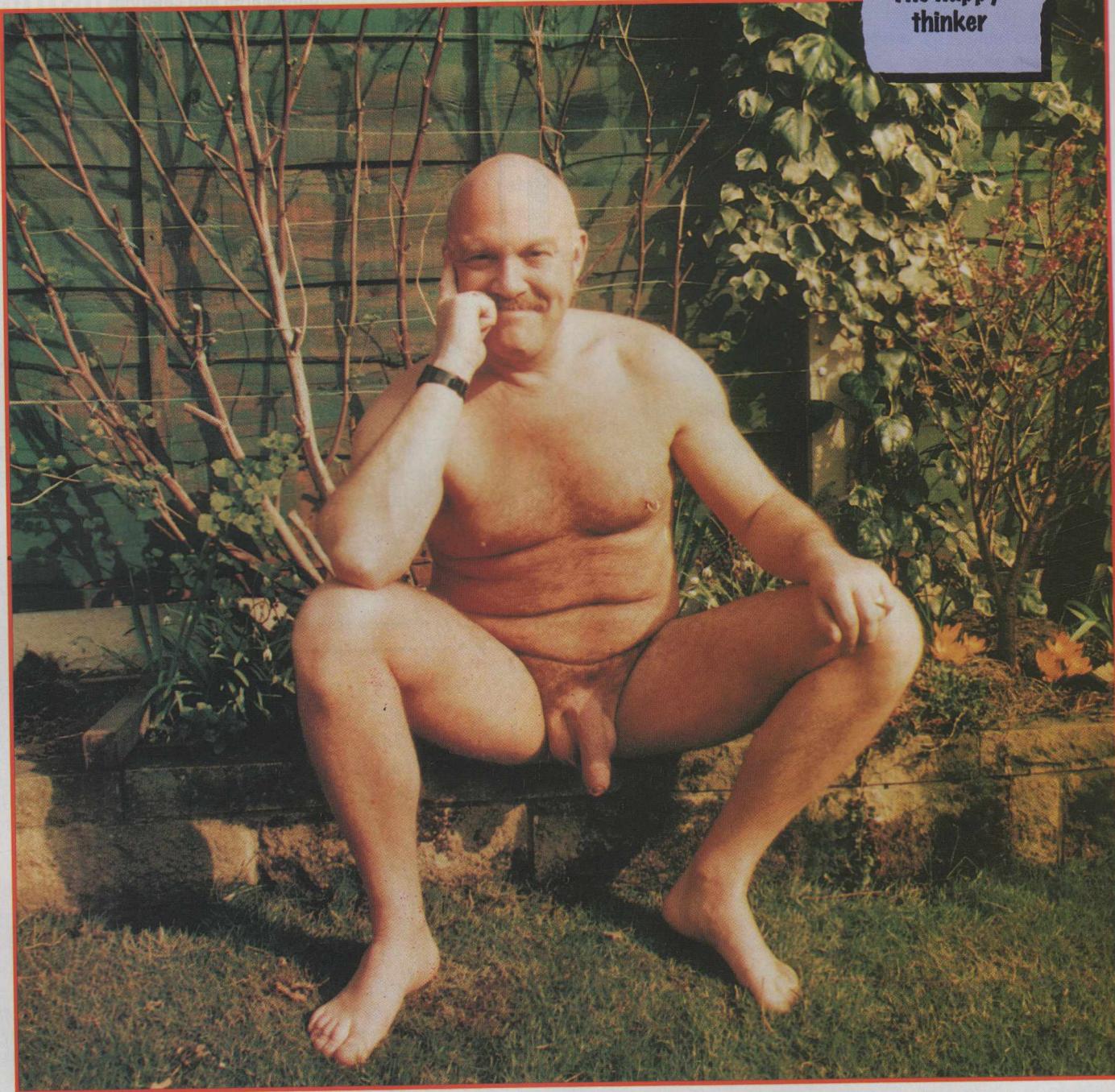
Contact Tony or Josephine on 01872 572765 for brochure
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The No clothes Zone



The happy
thinker



**Clothes optional -
fun guaranteed!**



No wonder
he's smiling

All the baggage
you need

WE WANT YOU BETWEEN OUR PAGES!

- Yes, we're still on the lookout for readers' photos.
- Send your picture in to H&E, help make it **your** magazine and get £15 in the bargain



WOMAN OF THE MONTH



Naked
determination



**Clothes optional -
fun guaranteed!**



H&E 'quarterly' edition is
now bi-monthly! Look out
for H&E's 'new' edition -
H&E LIFESTYLE
- on sale 11th September



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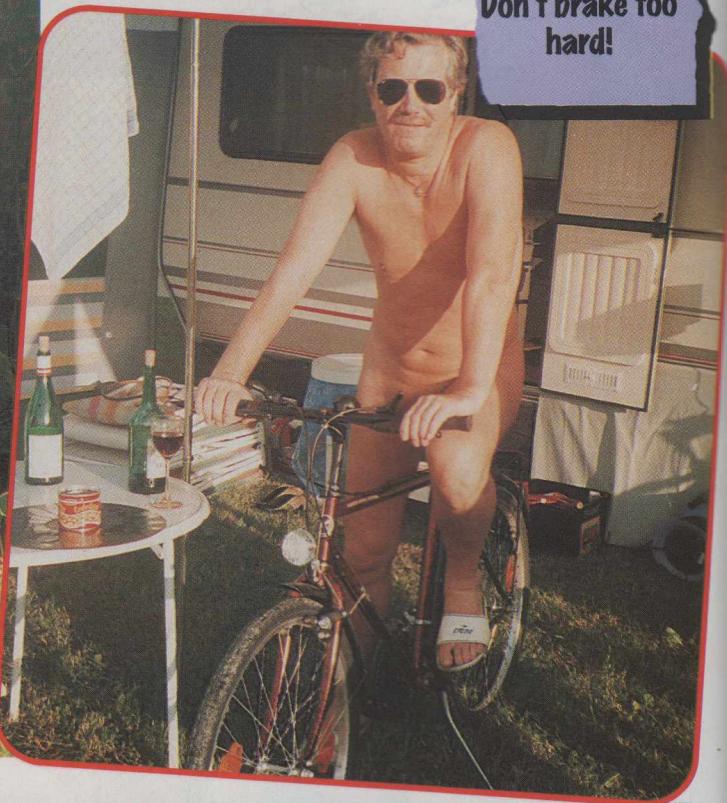




Natural confidence

Clothes optional - fun guaranteed!

Don't brake too hard!



Flaked out

We pay £15 for every photo printed on these sizzling pages. Send them to: The Zone, H&E, New Freedom Publications, Bow Business Centre, Bow Road, London E3 2SE



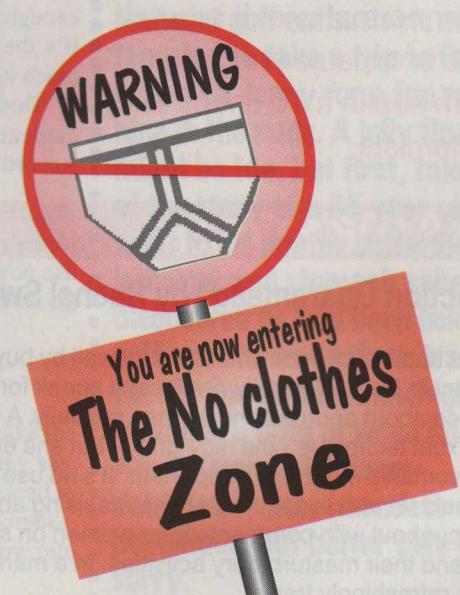
Working
out



Shy
boy



Holiday
high



You are now entering
**The No clothes
Zone**

HEALTH BITES

Health tip of the month

Prozac has been described as a wonder drug for the Nineties, used mainly to relieve the symptoms of depression. It does, however, have side effects which include loss of libido and sleeplessness. It is widely used in Germany, yet even more patients are prescribed the herb St John's Wort. People are discovering its benefits in Britain, too. It is said to settle your moods and improve your sleeping patterns. It is not a miracle cure, and you are expected to continue treatment for several weeks or months, although there have been reports of mood improvement after taking it for a week. There are no known side effects for normal use. It is available in capsule and tablet form from health food shops and some chemists.

FIRST AID FOR YOUR BEACH PALS

Naturist beaches are often in out-of-the-way places and don't always have enough shady parts. So if you find someone suffering from too much sun, here's what to do to help.

If your muscles cramp up, drink some water, preferably with a touch of salt. Stretch your limbs.

If someone faints due to heat exhaustion, take the person to a shady place, lay them down with their feet up and give them cool - but not icy - drinks. If you've got fruit juice or something salty this is best but plain water will do. They should sip this slowly.

If someone gets heat stroke this is very serious and the person's skin will feel extremely hot and possibly not sweaty. They may faint or act confused. Sometimes this is caused by too much heat exposure, although sometimes it can be from physical exertion. In all cases get emergency medical help immediately, or drive them to casualty yourself. Keep the person cool with damp cloths or just fan them.



THE HOLE NOT TO DIG YOURSELF IN

We usually regard gardening as a healthy activity. It involves physical exercise, and acts as a stress reliever for many, for some it's an almost spiritual experience. Double your points if you're an organic gardener. Naked gardening is also common among many of my suburban acquaintances who've grown enough Russian Ivy to protect their modesty. It's the perfect manner in which to get in touch with nature.

Don't get too spaced out though, as gardening accidents are very common. According to the Association of British

Insurers, each year, 5,400 injuries are caused by lawn mowers, 4000 by hedge trimmers, 2,500 by wheelbarrows and 2,450 by flower pots. Oh, and watch out for the Little Weed.

An advertisement for the book "Satisfaction Guaranteed" by Rachel Swift. The cover features a woman laughing joyfully. The title is at the top in large, bold, serif font. Below it, the subtitle "What Women Really Want In Bed" is written in a smaller, sans-serif font. The author's name, "RACHEL SWIFT", is at the bottom in a large, bold, sans-serif font. A small line of text at the very bottom reads "Author of the bestselling Women's Pleasure".

BOOKS FOR HEALTH

"Satisfaction Guaranteed" by Rachel Swift, Pan, £4.99

I know of a number of men who could do well by buying this guide to "What Women Really Want In Bed". Naturally, Swift can't speak for all of us, but it gives some pretty good advice about approaching women sexually. A number of chapters are given over to sexual technique - the nitty-gritty - but she emphasises that it's what's going on in the woman's mind that's important. It's no use being Mr Dynamo-Technique, if she just feels fat and suspects you're fantasising about someone else. The book is dotted throughout with comments from women on such matters as the penis type they like, and their masturbatory activities. In a market swamped with sex manuals, this one is refreshingly frank.

SLOUGH OFF TO TURKEY

When Dennis Potter wrote "The Singing Detective" about a seriously grouchy psoriasis sufferer, he knew what he was talking about as he had suffered from this skin problem throughout his life and, it is reported, would sometimes arrive at work during his journalist days and leave a layer of flaking skin over his desk. Over a million people in the UK and Ireland are said to suffer from psoriasis.

The normal treatment is for the sufferer to be given creams, sometimes steroid ones, that do not always have satisfactory results. No-one really knows what causes psoriasis, although it does have a genetic tendency, and can be triggered by emotional or physical stress. There is no known cure.

However, when 23 year old Michael Shortt discovered his childhood skin condition had suddenly reappeared, he became very depressed and was willing to try anything. He'd heard of "the Little Fish of Kangal" in Turkey. These comprise three types of fish - the strikers, jabbers and lickers - which live in a hot spring. Psoriasis sufferers have been going to this Turkish spa since 1917, but Michael was the first to try it from the UK. The treatment is arduous. Michael had to spend 10 hours per day for three weeks sitting in the spring, with the fish eating and attacking his skin. It was extremely painful, but by the end, Michael was almost completely recovered.

Whilst dermatologists remain sceptical, Michael is not concerned as he is feeling great for the first time in ages.



Anyone interested in visiting this spa should contact Thermalia Travel Ltd, 12 New College Parade, Finchley Road, Swiss Cottage, London NW3 5EP 0171 483 1898 Fax 0171 722 7218. They are organising a package for psoriasis sufferers in October.

THE EMPEROR'S NEW WHIFF

As many of us suffer from respiratory problems in the UK, we are bound to adopt the latest fashion from LA eventually. When the smog hits them, fresh air fiends dive into the nearest oxygen bar for an expensive whiff of what we thought was God's gift to humanity. You can choose between plain or fruit-scented air, and I feel sure we'll be seeing one along Chelsea's Kings Road any day now.

EAT LIKE A GREEK

As heart disease is the number one killer in England and Wales, we should perhaps take the advice by scientists at the National Heart Forum seriously. Forget vitamin pills, they say, and eat far more fruit and vegetables. Five portions of fruit per day per person would lead to a 20 to 30 per cent fall in deaths from heart disease, they claim. We should eat like Greeks, they say, who eat three times as many vegetables as we do and have an extremely low rate of heart disease.

PUT SOME ZEST IN YOUR LIFE

When 33 year old social worker Joe heard of the death of a close friend his grief was uncontrollable. He was recommended bergamot oil as an aromatherapeutic aid. With his training in psychology, Joe was sceptical but decided to give it a go. After inhaling some drops of Bergamot essential oil, he claims to have instantly calmed down. He still had to cope with the pain of bereavement, but was now able to gain control of himself. He now swears by aromatherapy, and whenever he suffers from one of his intermittent spells of depression, he sprinkles a few drops of lime down his roll neck sweater and feels instantly uplifted.

NOT TONIGHT, DARLING, I'VE GOT ONE OF MY HEADS.

One person in three gets a headache after eating ice cream according to research results in the Temple University in Philadelphia. Apparently, children have known of this phenomenon for a long time, naming it 'brain freeze'. Not surprisingly, the headache complaint is not referred to in the sexy Haagen Dazs advertising campaign.

DON'T LICK YOUR BALLS

Naturist golf enthusiasts might be tempted to take a trip to French resort La Jenny for a fun round of nine in the nude. A jolly fine day it might be too, but first, take heed of the story of a 65 year old who went to his doctor suffering from lethargy and stomach ache. It was discovered he had been licking his golf balls to make them travel faster, and had unknowingly been taking in a dose of weed killer Agent Orange. La Jenny doubtlessly uses harmless pesticides, but better safe than sorry.

At Guildford's pool they've received requests for nude facilities

The popularity and prevalence of nude swim nights at leisure centres has increased dramatically in the last couple of years. Hundreds of people regularly travel to the monthly sessions at the well-appointed Doncaster Dome, Stoke Waterworld, Norwich Aquapark, Alton, Dorking and about 20 other venues which also host established events.

I've been to a few and had an enjoyable time. There's usually a good mix of people and swimming naked, obviously, beats wearing trunks.

But to be perfectly honest, it's like waking up in the morning and finding only decaffeinated coffee in the cupboard. It'll only do in the absence of anything better.

The better options for me are nude beaches, perhaps a few club visits and the occasional holiday at a naturist resort. Most are only feasible for outdoor recreation for a few short months of every year and sometimes I don't want to spend half a day driving to them just to enjoy a relaxing few hours.

I find it ironic that there are a dozen outdoor pools within easy reach that I can use but not in the manner in which I'd like. Pleasant enough though they are, part of me

always wants to shed the trunks I'm forced to wear and this lessens my enjoyment.

The irony is exacerbated by the fact that at all of them it's common to see the virtually de-sexualised breasts of topless girls enjoying a long-overdue parity with men. Given the ubiquity of the infinitesimal tanga thong I'd say they were now enjoying a slight advantage.

As the city I live in, London, has spent the last few months talking-up its coolness, I decided to see whether the courage of its convictions matched my own. I've briefly stripped at a couple of pools on quiet days - more out of defiance than anything else - but wanted to find out if there was anywhere I could do it with the blessing of the management.

I selected a few lidos at random, rang up and asked to speak to the manager. Saying me and my girlfriend were planning a visit I casually asked whether it would be alright for us to discreetly sunbathe naked in between swims. The replies were amiable, occasionally even sympathetic but hardly encouraging.

Hampton open-air pool in Middlesex is a medium-sized 1920s venue, extended last year, in a picturesque setting overlooking Royal Bushey Park. The water is heated to a balmy 80 degrees and the average attendance is over 1000 per day during the summer. There are, however, a couple of semi-secluded areas.

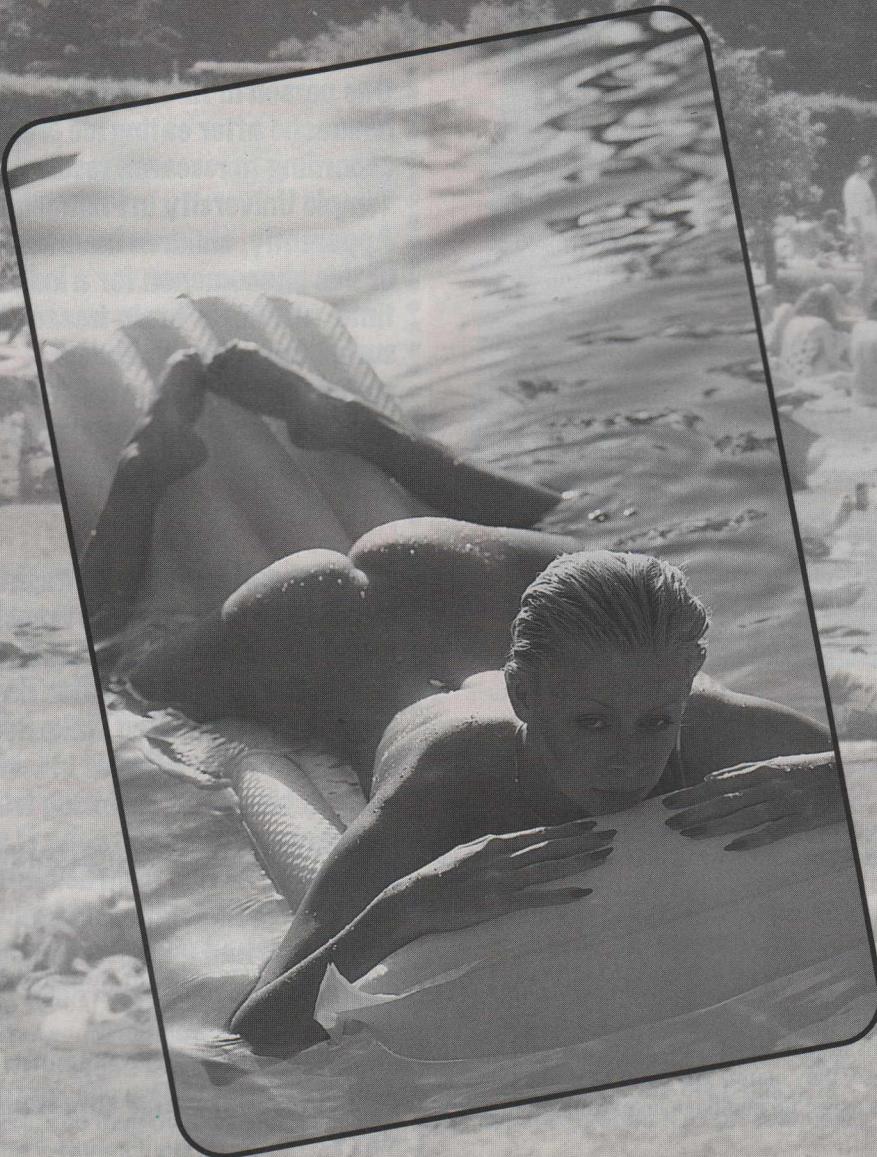
Manager Simon Lawrence vetoed both outright nudity and toplessness (widely ignored), explaining that because the pool was on Crown land the terms of his licence were particularly comprehensive. "We're governed by various specific restrictions," was how he put it.

Emma, the duty manager at Tooting Bec Lido, the second largest in Europe, also played the legal card. "It's breaking a bylaw even to sunbathe topless. We have to tell people not to even though lots of people do."

She also revealed that a complaint had been made to the Leisure and Amenities Department of Wandsworth Council, who run the pool, about a middle aged nudist who kept parting company with his trunks. Apparently it was never upheld.

It's sad really. Set on Tooting Bec Common and surrounded by trees, it's possible to imagine, until a train goes flying past, that you're in the country. On a quiet summer's evening, stripping off on the ample lawn is incredibly tempting. Katie Martin, 27, a regular user enjoys the tranquillity. "There's nothing better than going for a swim outdoors after work. I know it sounds corny but it makes me feel at one with nature." She keeps her swimsuit on though.

Perhaps self-consciously trendy Brockwell Lido near Dulwich would be more enlightened. The management pride themselves on meeting the needs of the local community. Recently refurbished with a snazzy café/bar, fitness and therapy rooms, Brockwell offers candlelit dinners in the



Are local pools waking up to naked living? Sean Conroy investigates



Can I go nude?



pool-side restaurant and hosts regular parties.

Although there's an unofficial gay area, sadly there are no plans to allow an unofficial nude area.

The Oasis Sports Centre in Endell Street WC2, has an outdoor pool and an upper terrace for topless sunbathing. If no one objected would they mind bottomless as well?

"We had a couple of women who went totally nude last year and nobody said anything," said a member of staff who asked to remain anonymous. "Personally, I've no objection to people wanting to sunbathe nude, I've done it myself in Europe, but we can't officially permit it. We have to think of all of our visitors."

Three miles north on Hampstead Heath, men are famously allowed to sunbathe nude in a designated area by Highgate Pond. The cramped concrete floor is unforgiving and, being totally screened, there's a weird sense of isolation from the picturesque Heath. Possibly as a protest against the enforced privations within I have seen men sunbathing nude (and ignored by most of the

passing human traffic) on the grassy slope behind.

Perhaps London's only as liberal as you can be without getting caught. Some die-hard nudists bravely exploit the indifference of city-dwellers to exercise their desires.

"We had a woman sunbathing totally nude here last year," says Dave, a park keeper at Queen's Park. "She turned out to be a barrister and started quoting the law at us, saying it's an offence for men to go naked but there's no such law for women. She ended up getting dressed and trying to entice a copper to go for a drink with her."

Down in Surrey, Tim Hall, boss of Guildford's expansive lido (01483 444888) proved equally progressive, if ultimately negative. "We've had many requests for, and have considered creating, a nude area," he said. "We eventually decided against it because we thought there might have been a problem with voyeurs. That sort of thing might work on Brighton beach, but I'm afraid it might not here. I can't see the situation changing in the foreseeable future."

As a consolation, he added that Surrey County Council do turn a blind eye to toplessness. Similar comments came from the manager of Richmond's massively popular Pool on the Park (0181 940 0561). A case for further lobbying of Surrey and Hounslow (0181 570 7728) councils and the pools themselves perhaps?

Despite the seemingly intractable nature of civic bureaucracy, many of its servants are truly sympathetic to naturists. Lorna Staveley, who works at Bridlington's Tourism Information Centre, adopts a caring approach to the many queries she receives concerning the town's (recently designated) nudist beach.

"Men would ring up and ask where they could take all their clothes off. 'If you're desperate,' I'd reply, 'you can come in here!'"

Perhaps when we become a truly united Europe we'll be able to enjoy their liberal attitude towards public displays of the naked body with impunity. Until then, continue to make polite requests to pool owners, if only to make them aware of the potential demand.

In the meantime, support your local nude swims. A word of warning to newcomers though. Don't let your enthusiasm for baring all override your critical faculties, as happened to A Harrison of Merseyside and her friend Shelley on their first nude outing:

"Spotting an advert for a naturist night at the local pool we plucked up courage and went. We emerged from the changing rooms wearing only our locker wristbands. Giggling and feeling very awkward we walked to the pool," said Ms Harrison.

"Suddenly we realised that everybody was staring at us and laughing. We stared back. We were the only ones who were naked. We screamed and ran. Back at Shelley's house we checked the paper. We'd got the wrong pool." **HE**



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"A good beach - but bring your rock-climbing gear!"

In a bid to support Britain's vanishing naturist beaches, P. Harrap goes on a voyage of discovery

H&E 'quarterly' edition is now bi-monthly! Look out for H&E's 'new' edition - H&E LIFESTYLE - on sale 11th September

If naturist beaches are to flourish, naturists are going to have to go there! Seems obvious but as Phil Vallack says in his "Free Sun Beaches" book, some beaches are worth more support.

Selsey Bill West is one of these beaches and we determined to make up the numbers. On arriving in Selsey we turned off to the west, looking for a coast guard station which is marked on the Ordnance Survey map. Happily, it can be seen from some distance as it's raised high on legs. The road is a dead end and there is no car park, but we found enough roadside space for the car where it wouldn't be in anyone's way.

At the end of the road is a large concrete ramp construction and we turned to our right, walking down a kind of slip-way. However, this stops in mid-air, about eight feet above the beach. The space is filled with many huge boulders, dumped there presumably to discourage coastal erosion. Unfortunately they also discouraged us in our search for the right part of the beach.

If you are young and as nimble as the average mountain goat then there is no problem. Sadly we are now neither - but we were determined not to be done out of our "nude fix" because of this hazardous obstacle course.

There was clearly no alternative route and so, clutching all our paraphernalia, we started to tackle the treacherous terrain. The rocks were not slippery and we finally set foot on the beach without major mishap.

Stretched out ahead of us we could see a forest of groynes so we eagerly continued our way westwards, bathed in glorious sunshine and cooled by an onshore light breeze - and not a cloud in the sky. We hurdled the first and second groynes (not!) and then ascended

the shingle bank to check our position.

Good! There it was - the old windmill - only 300 yards distant - exactly as marked on the map. We had arrived.

We didn't have much trouble finding a spot to establish ourselves as there wasn't a soul in sight. Where was everyone? We quickly stripped, revelling in that blissful sensation, savouring the play of sun and breeze on every pore of our bodies.

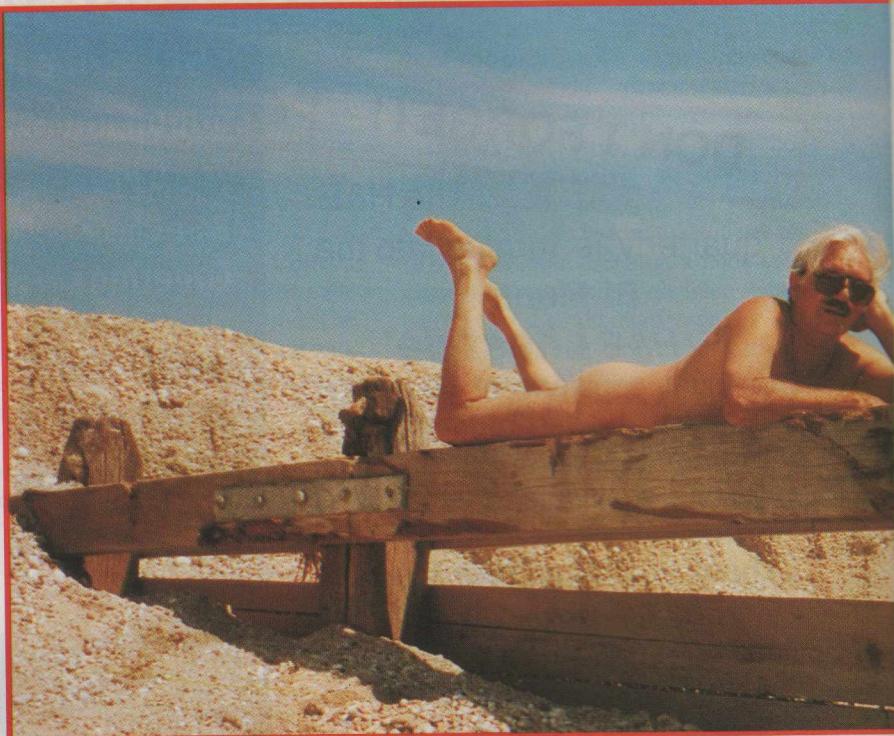
The beach has large areas of sand at low tide and, in fact, the stones are "foot-friendly" and much preferable to the painfully vicious pebbles on the Eastney beach.

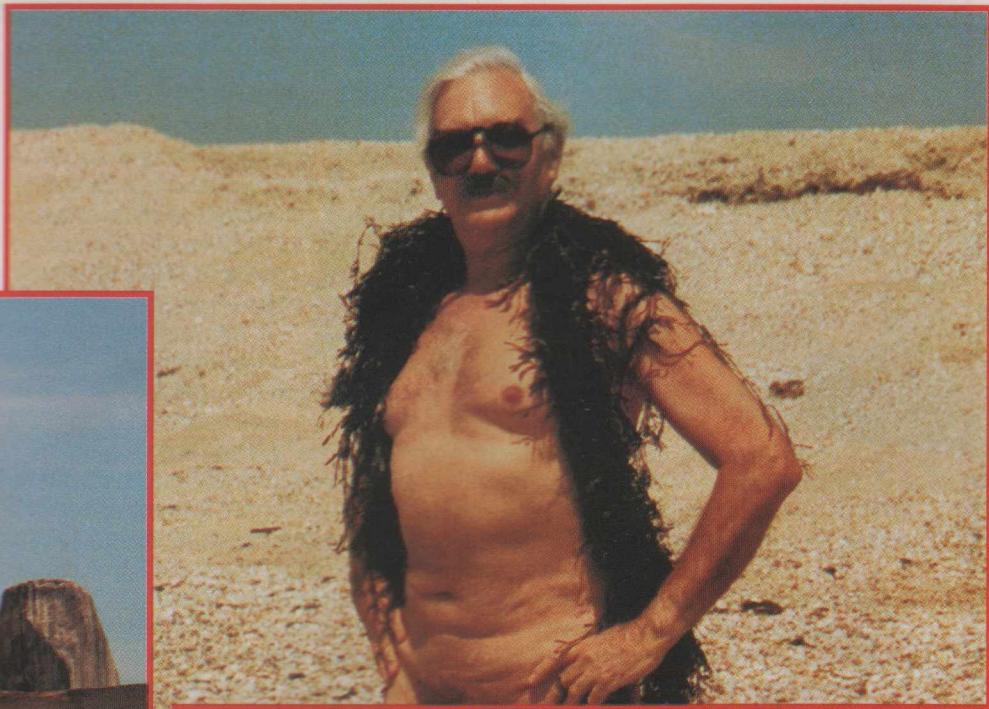
We amused ourselves chucking the Frisbee ring around for a while, getting hot and sweaty in the process. After a short rest we thought there'd be nothing more enjoyable than cooling off in the sea.

It looked inviting under the cloudless blue sky and in a strange kind of way we enjoyed the chill of the south coast waters. On this occasion, however, being so early in the season, we bottled out! After the partial baptism it was very pleasant to lie back and warm up again in the sun's powerful and relaxing rays.

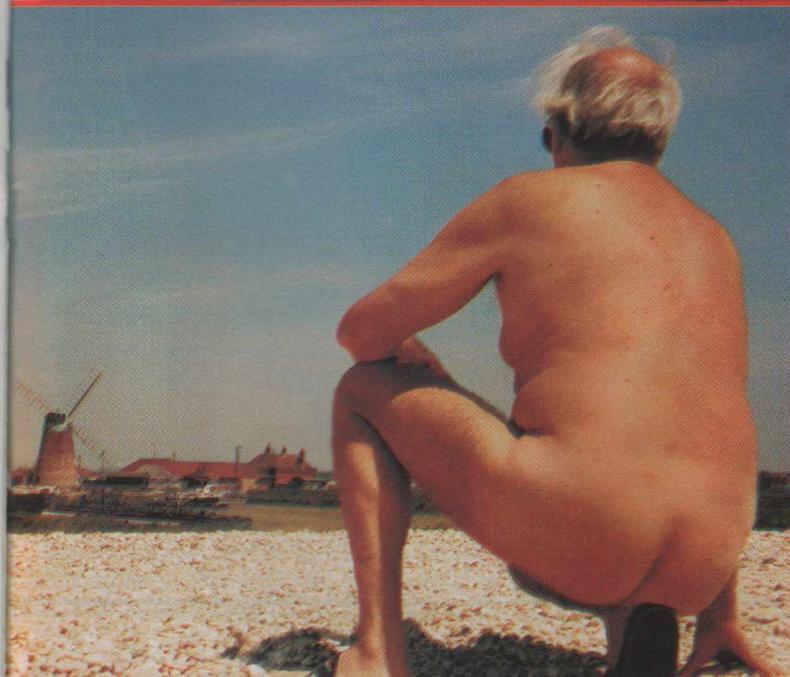
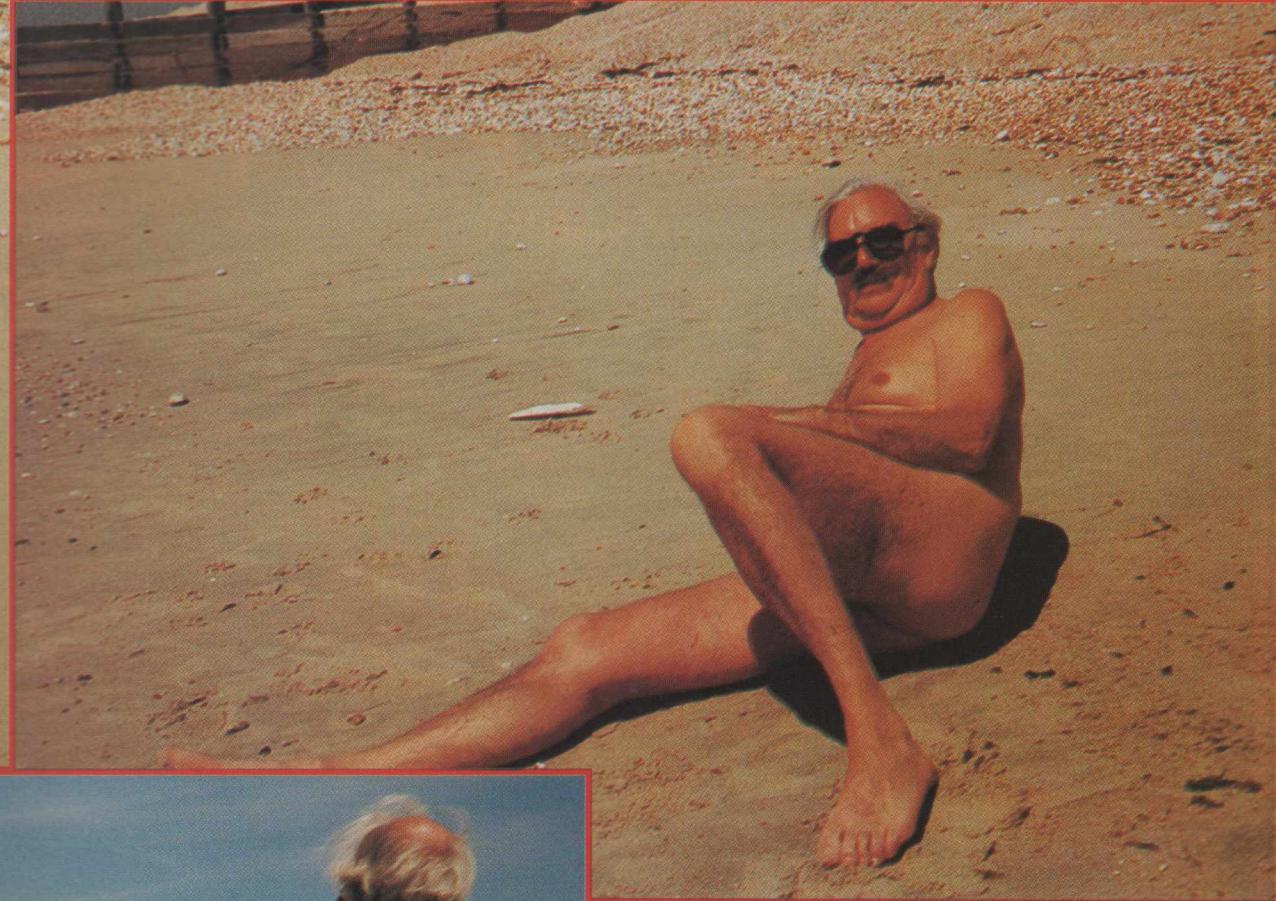
We thoroughly enjoyed our afternoon and we saw only three other people - dog walkers, with clothes on, of course. Yes, the dogs were thankfully "au naturel".

Phil Vallack mentions using a car park at West Sands Caravan Park which we failed to find. Next time we shall try approaching from the Bracklesham direction and then walking eastwards to find the find beach. If this is successful we shall be glad to avoid risking life and limb on those hazardous rocks near the coast guard station. 





We
amused
ourselves
chucking the
Frisbee ring
around for a
while, getting



hot and
sweaty in the
process



**George and Lynne
become naturists
this month?!**

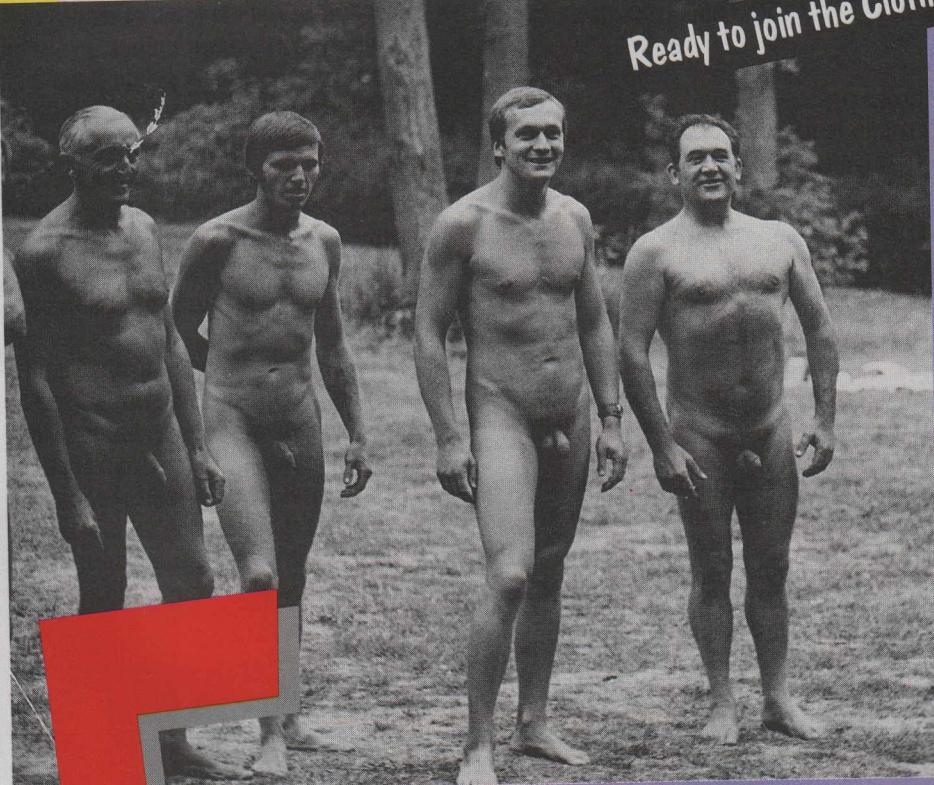
NUDIST MAKES NATO SUMMIT A LITTLE ROCKY

Bill Clinton looked understandably gobsmacked during Boris "Blue Label" Yeltsin's surprise announcement that he'd decided to disarm certain nuclear warheads that have long been pointed at America and Europe, at the recent NATO summit.

Even when he took the podium to address the assembled world leaders, a certain detachment was clearly apparent. Even Boris' astounding diplomatic coup, it seemed, couldn't compete with the controversy-dogged Clinton's latest bit of bother back at his beloved Little Rock.

For Capt Sam Williams, commander of the Special Investigations Division of the Arkansas town and the man who co-ordinates security with the Secret Service during the Prez's trips home, has been accused of being in a closed city park after dark, drinking beer with a nude woman.

Investigations were initiated after a patrolling officer alleged she saw Williams sharing a can of beer with the woman, who fled at her approach. So as the world takes another faltering step towards disarmament, one individual could be facing the distinct possibility of a personal strike from his own Western warhead.



PRAYING FOR BETTER THINGS

As many under-endowed naturists bitterly admit, being a small man can be a big problem. Simeon Zanda, 24, who apparently failed entry to a Rumanian clergy school because of "unacceptable shortcomings" in the genital department, would readily agree.

"I had expected to be quizzed on The Bible," said the eager interviewee. "Instead they made me strip naked and lie on a couch, then told me to do what men do at night. I said a prayer, which was when they said my penis was too small."

After the outraged Zanda wrote to complain to the seminary director it emerged that he'd gone to the wrong address, a house next door where castings were being held for a porn video. He should have tried the Church of England, who, as the regular sex scandals would suggest, seem to use the same premises for both purposes.

EXPOSED!

THE SUN SEES...

Given the surfeit of nudity in the tabloids - albeit reported in the manner of sniggering schoolboys - it's ironic that it remains such an apparently contentious issue. The inevitable glut of streakers at summer sporting events has ensured that, like nudist stories, the real or intended message is overshadowed by the picture opportunities.

Remember the cheeky "synchronised streak" by five hired bodies at end-of-season Premiership matches in May. Organised by Loaded magazine and Richard Branson's V2 record company, it was intended to promote a new CD. The only clear winner appears to have been The Sun who honoured it with a page three splash, ironically ousting the more usual topless stunner.

Even the paper's implausibly perfect cartoon couple George and Lynne, rarely burdened by much more than a G-string at any given stage in their idyllic lives, have now become naturists. A recent strip shows George confronting a man spying on Lynne who is taking advantage of their neighbours' absence by sunbathing nude in their garden.

The interloper brazenly claims to be a medical student "studying techniques of acquiring total post-inflammatory hyper pigmentation." Or, as George simplifies: "Watching my wife getting an all-over tan!" When covert cartoon hacks start spying on shapely cartoon nudes you realise, despite rebutting charges of commercially-driven hypocrisy, newspapers really do think nudists newsworthy. Isn't fame great?

NO LOITERING IN THE ISLES

The actor John "Bergerac" Nettles, 25 year old Maidstone chef Stephen Watson and your humble correspondent are, I admit, unlikely ever to go on holiday to the Channel Islands together.

However, we are bound by a common bond: the painful knowledge that of all the authorities in the land not to mess with, the cartel of crusties who run Guernsey, Jersey, Alderney - and quite possibly the lesser pebble of Sark - are the worst.

Nettles was allegedly refused residency on Jersey for being insufficiently well-heeled and regularly over sufficiently well-oiled.

Myself and six of the most noble and upstanding characters who ever helped an old lady to the middle of the road were denied access to a Guernsey resort on the worrying pretext that only two of the group were women (the women weren't worried - quite the opposite).

And "self-professed naturist" Stephen Watson won't be returning to Alderney having been booted off the island for not less than three years after admitting two charges of indecent exposure.

Spotted naked on Longis Beach by a number of women and children during a summer holiday, he repeated the offence the next day, Alderney's Police Court heard. It goes without saying that as nudity on the islands is viewed with about as much contempt as paying taxes, the case did not require the suave intervention of the real Bergerac.

SHORTS SHORTS SHORTS SHORTS

YOU HAVE THE RIGHT TO REMAIN NAKED...

A Judge in South Africa ruled against police who had not allowed a prostitute to dress while they searched her home. He said their reasons for making her stand naked for 15 minutes did not outweigh her right to get dressed.

SOLDIER, SOLDIER

Three British soldiers were fined for sitting naked in a Cyprus bar. The army blamed "high jinx" for the Royal Marines' cheeky break from training. My money's on Linda La Plante to use it first, narrowly beating Jilly Cooper.

N-N-N-NAKED

Singles' social opportunities continue to expand following the creation of The New Nude Naturist Club. Anyone subscribing to any of the aforementioned three Ns should contact Box APM-NC, c/o Alexandra Social Club, 27 Norfolk Road, Edgebaston, Birmingham, West Midlands B15 3PY.



MAKE THAT 206

A newly-published book, the elegantly titled "205 Arguments and Observations Supporting Naturism", has been compiled from the archives of The Naturist Society of America.

Author K Bacher presents powerful evidence, supported by personal testimonies, of the benefits of naturism in an attempt to de-stigmatise the pastime.

- Meanwhile the mini-skirt-wearing British tourist Kelly White, stabbed in the backside in Cyprus by a man she believes was "trying to get a glimpse of my bum" appears to have unwittingly stumbled on another reason to reject clothes.
- Especially in areas where passions are so easily inflamed by "provocative" styles.

THE NAKED EYE SEES ALL

Remember the opening shots from "Airplane" where men and women walking through the metal security grid were revealed in all their naked glory? Quite an accurate spoof as it turns out, as a sophisticated X-ray machine which produces "nude images" has now been developed.

Designed to reveal soft objects missed by normal security detectors the new machine gives a clear picture of the body parts you hope to be tanning during your holiday.

"The image is not like seeing something in Playboy magazine but there's no question you can tell a man from a woman," said FBI consultant Hamer Boynton after assessing the American-made machine. British customs, airports, prisons and the House of Commons are also studying the device's potential as a further anti-terrorism and smuggling measure.

The Palace of Westminster has also inspected the invention but has so far declined to test it on visitors, let alone MPs. "I don't think MPs would like their constituents screened in a naked situation," said Matthew Heaton, European director of manufacturers American Science and Engineering.

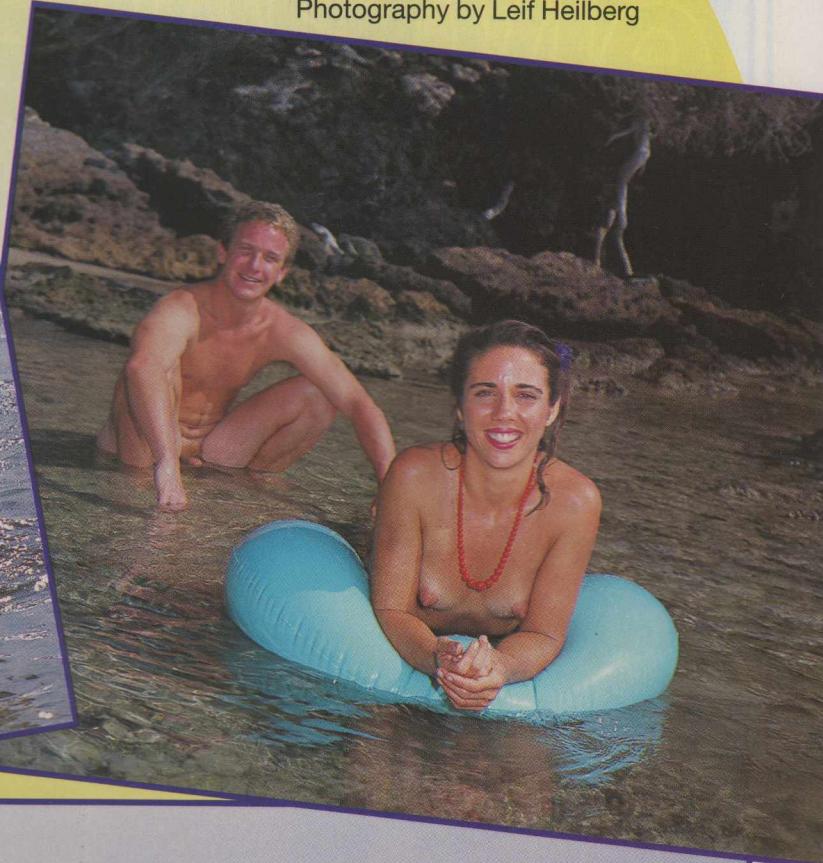
Federal Aviation Administration reports suggest that the detector could be operational at airports within the next few years. Heaton concedes, however, that "certain questions of privacy will have to be resolved first." Particularly as people and incidents filmed by CCTV security systems have been sold on video as entertainment.



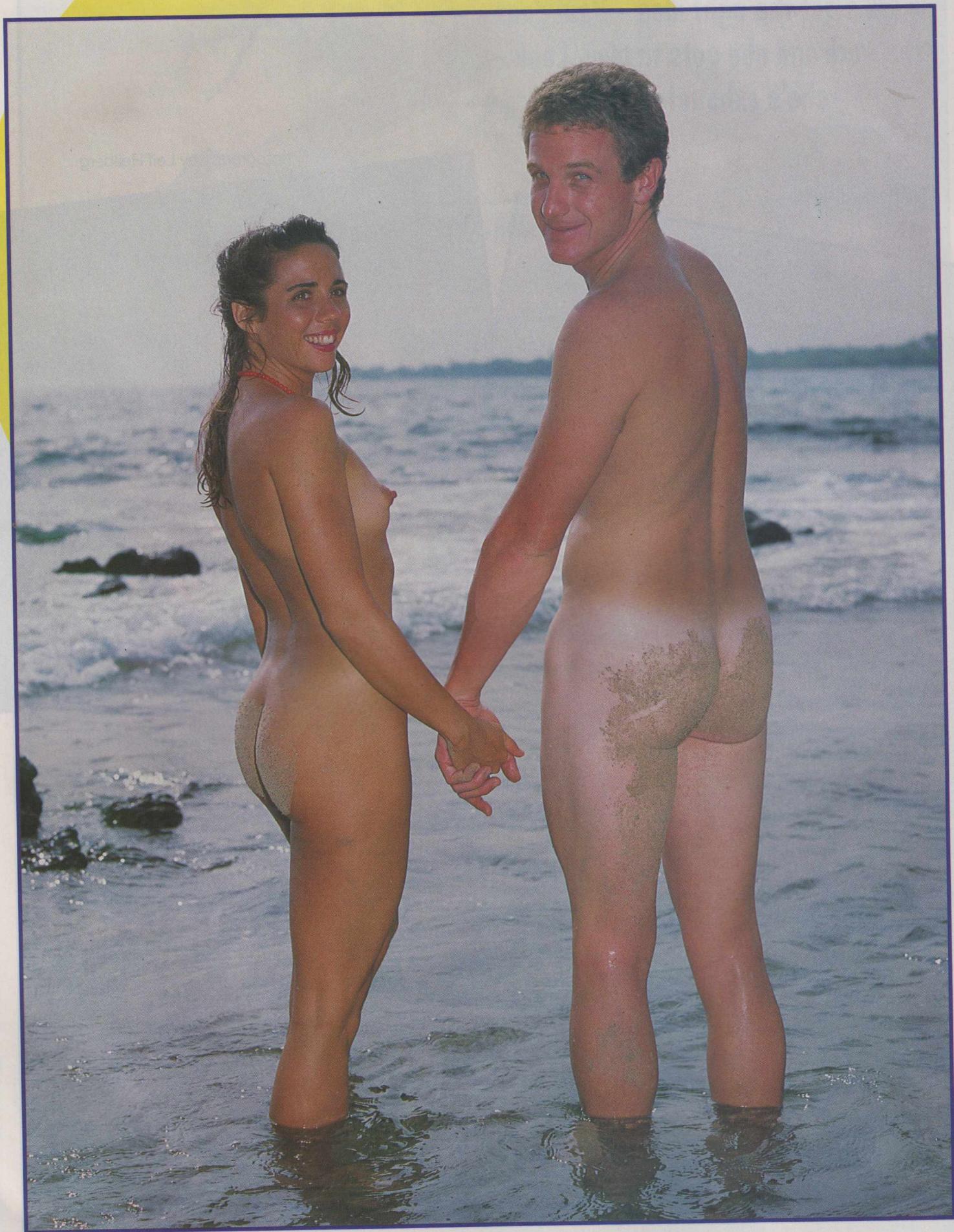
Paul & Kara

Kara's got the right idea - Paul does the work and she gets to play. Look - she's exhausted him

Photography by Leif Heilberg



I don't think he'd have her any
other way!



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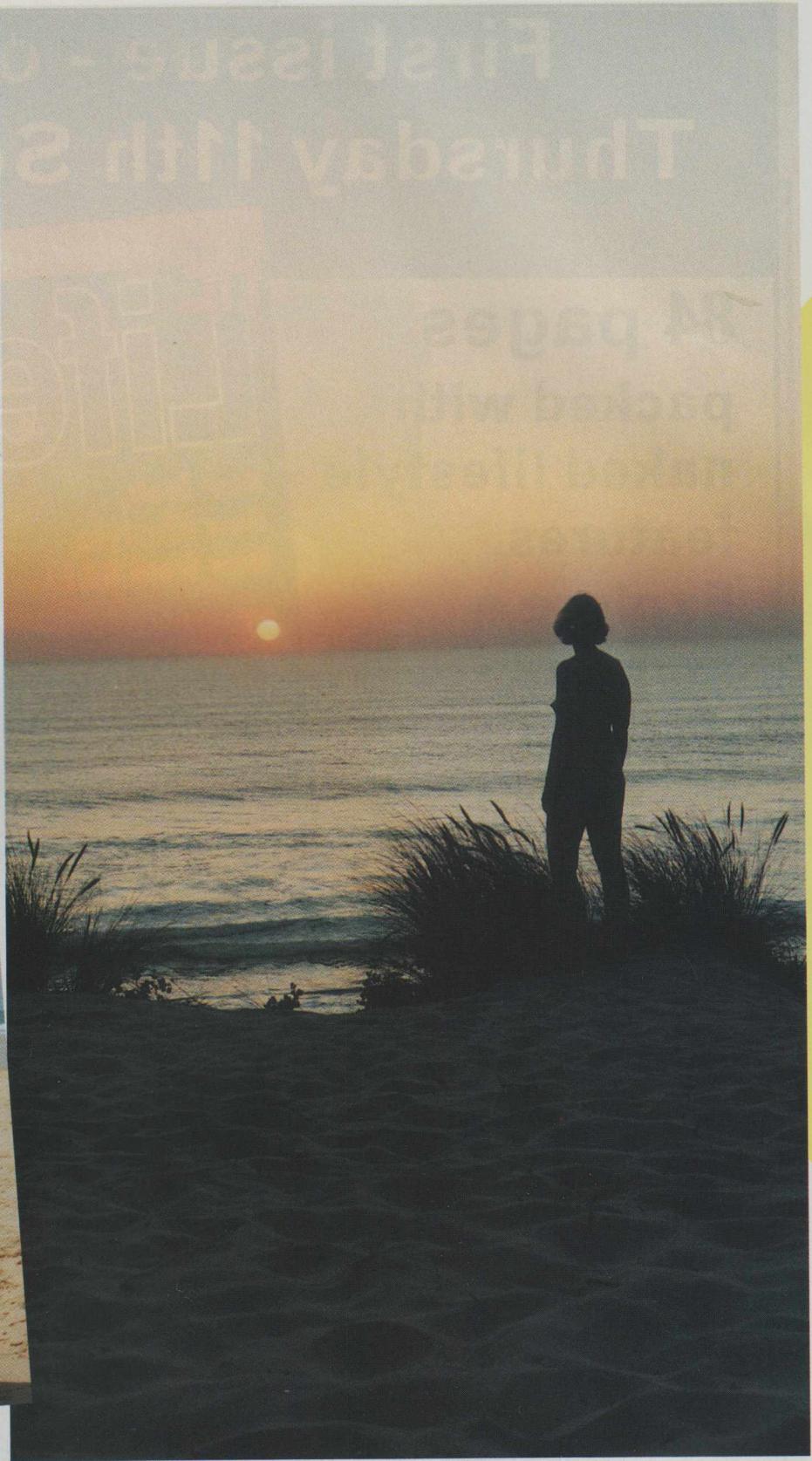


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**The
Atlantic coast
of France isn't
always a safe
bet for nudity,
as
M Burkimsher
discovered**



Weathering it at La Jenny

Another summer's evening at La Jenny - July 6, peak season. The sky is grey, the air is nippy and I'm huddling over a warm computer fully clad, including Arctic underwear. My dear husband, an ardent naturist of all seasons (known to clear snow in the nude) has just come in after listening to the weather forecast in the car - tomorrow promises even cooler temperatures, high winds and heavy rain in the afternoon.

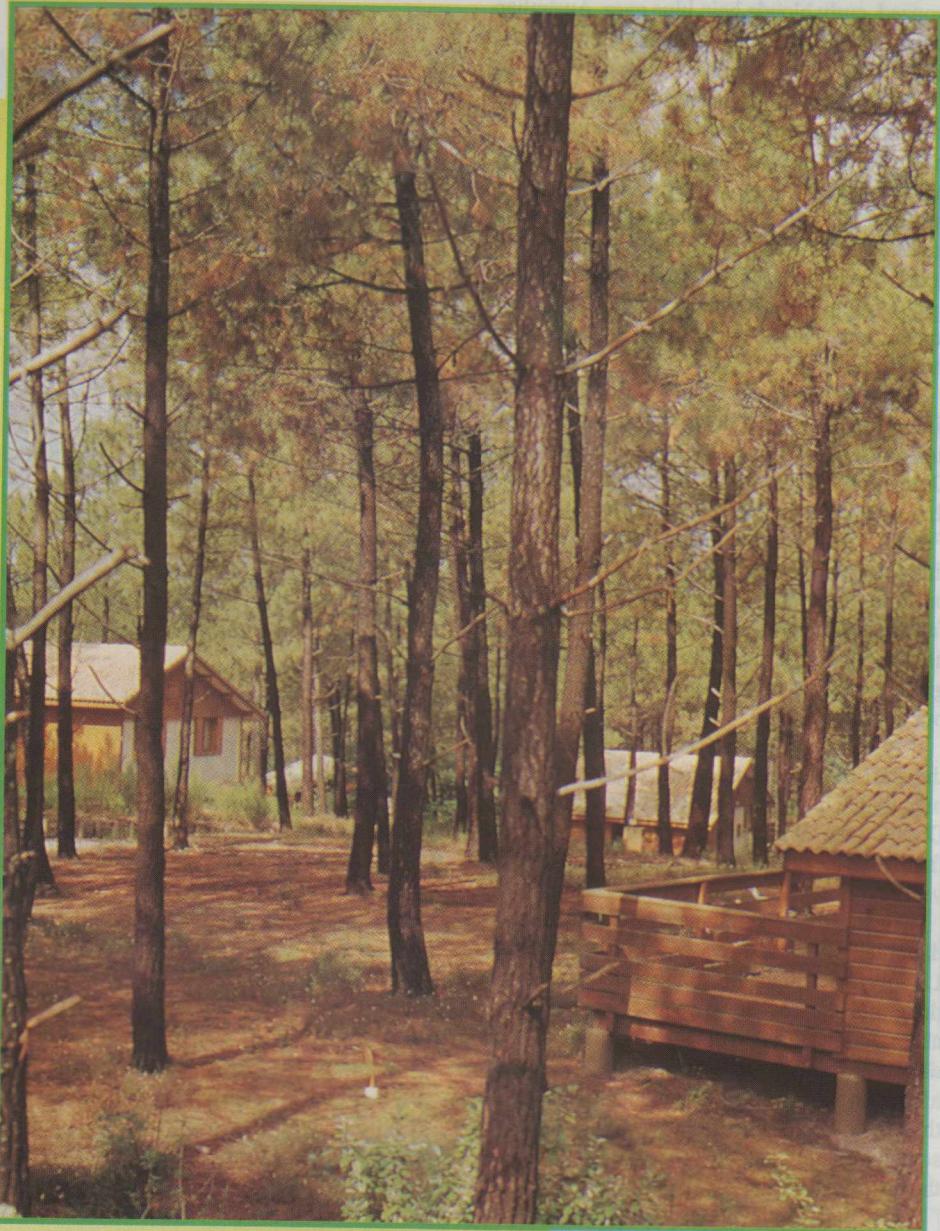
La Jenny is a beautiful naturist village on the Atlantic coast of France to the west of Bordeaux. The area is famous for good wines, great golden surfing beaches, vast pine forests - and hot summers. We have stayed at La Jenny twice before this time, and both times nicely roasted with temperatures in the 30s.

There are plenty of possibilities for cooling down - in the shade of abundant trees, in the vast pool complex, or in the ocean. On this trip the desire to cool down hasn't often surfaced in our minds. There is a distinct resemblance to an English summer on the Yorkshire coast.

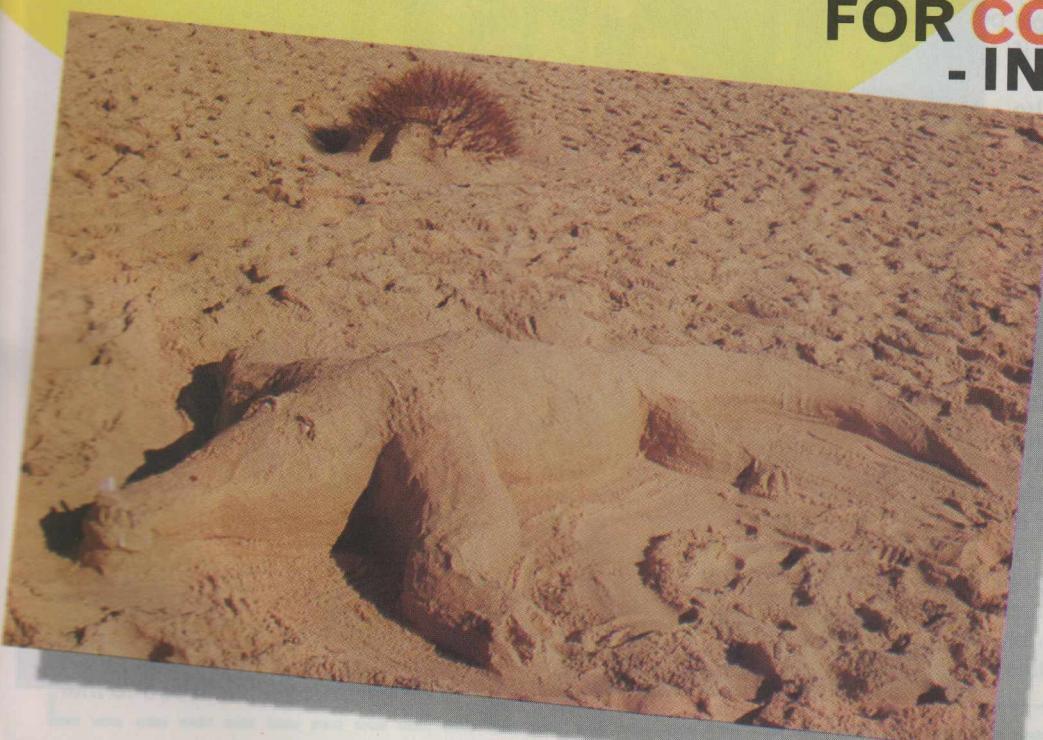
Days pass, the sun blesses us with its presence from time to time. We get on our bikes and cycle the long-distance trail down to Cap Ferret. Oh, the aroma of the pine forests is glorious. It must be one of the most memorable parts of a stay at La Jenny. It feels as though it is disinfecting the lungs of all the sediment of city life.

Finally, as the sea tops a high temperature of 17 degrees, we hit the waves. On to our boogie boards to enjoy the surf bubbling in our ears. My son falls in love with boogie-boarding, just as I did during our stay five years ago. I adore hurtling towards the beach, weaving between the legs of people timidly paddling in the shallows.

I pick up my board for another ride - then agony! A sharp pain cuts through my heel. Is it glass, down here on the smooth clean sand? I hobble out, and look at it expecting blood to be pouring out. But no, nothing. I stagger over to the lifeguard, the image of a man who's role in life is to rescue damsels in distress. Perfectly



"THERE ARE PLENTY OF POSSIBILITIES FOR COOLING DOWN - IN THE SHADE OF ABUNDANT TREES, IN THE VAST POOL COMPLEX"



bronzed, curly blonde hair, blue eyes, Australian accent. It's nearly enough to make me forget the pain.

He explains that I've been stabbed by the poisonous spines of a fish that hides just under the surface of the sand. Heat is what is required to take the ache. Be brave, he says, and walk across the hot sand to the lifeguard station on top of the dunes. Gee, I wish he'd pick me up and carry me, or drive me in his jeep, but no chance. Off I limp up the hill to have my foot bathed by a young student who's mind is on surfing and sex rather than on my sting.

There aren't many English around at this time of year. It's before the English school holidays. There are plenty of French and Dutch and Belgians and Germans. Why is it that whenever I open my mouth and talk in French - with not too bad an accent surely - that they always reply in English? It would be nice to make friends with another family, but the ones in nearby chalets don't have children of a similar age - and they are girls, which is met with total distaste from our sons.

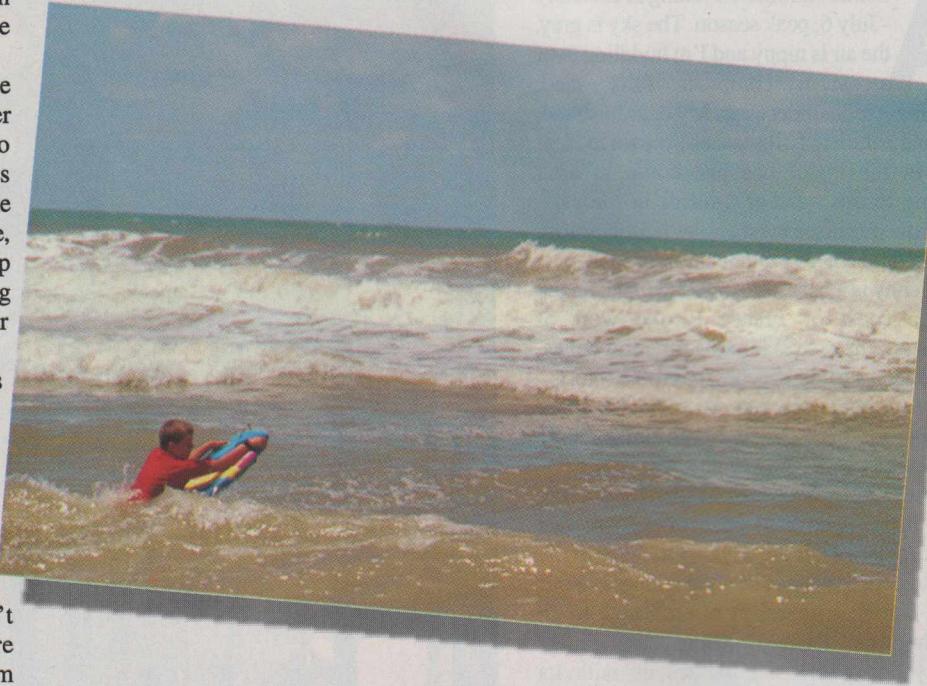
My husband is lazing on the wooden patio at the start of our second week, when a bearded man with a baby on the back comes cycling by. Double take. We know that man. Hey, it's the family we met at a naturist village in Austria four years ago.

Our son, then six, fell madly in love with their daughter who was three weeks older than him. Luckily she thought the same about him. It's by a delightful chance that we've met them again here at La Jenny. What will our son think to their daughter now - and vice versa? After an afternoon surfing in the Atlantic we are reassured that their friendship is still alive despite the socially difficult age they are at for mixing with the opposite sex.

The part that boggles the minds of non-naturists is the thought of going shopping in the nude. They think they will become confused between the French sticks, cucumbers and sausages and real parts of their anatomy. In reality many people choose to be clad when they go off to the mini-market. It's simple convenience to carry portable pockets, even if they do imply clothing is attached.

Other folk with tender, posteriors also choose to wear shorts when cycling around. The really hardy ones choose to stay naked whatever - rain, shine or wind, shopping or surfing, golfing or jogging.

The final day of our holiday creeps up on us all too quickly. We clean out our pretty chalet in the woods, leaving it ready for the next lucky visitors. They should have sunnier, warmer weather, so that they can enjoy soaking up the sun, ambience and wine. Time for a quick cycle to the beach for a longing gaze at the golden sand - sad we had so little time on it this year. Still there are special memories - of relaxing on the sun-deck, of cycling through the sun-dappled forests, of swimming in the beautiful pool or challenging waves, of evenings sharing good food and friendship. We must come again, hoping for better weather and for a proper holiday - clothes free and care free. **HJ**



"THE FINAL DAY OF OUR HOLIDAY CREEPS UP ON US ALL TOO QUICKLY. WE CLEAN OUT OUR PRETTY CHALET IN THE WOODS, LEAVING IT READY FOR THE NEXT LUCKY VISITORS."



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A visit to Bugs' Camden studio Evil From The Needle is an education. A conversation with the man is an inspiration. And to leave with one of his designs gracing your skin is a privilege.

But that's not to say that you'll automatically get all three. You can book Bugs' time, but you have to have the right attitude to qualify for his approval and therefore his highly individual and innovative work. Simply bursting through the door with a half-arsed idea for a design to impress your neighbour's girlfriend and a wad of tenners bulging in your pocket is not enough.

If you think you can work to a price and a schedule, it's likely that Bugs will politely, yet firmly, direct you downstairs from his top floor sanctum and suggest you select one of the flash designs available in his colleagues' rooms below.

"Tattooing's rise in popularity over the last few years has meant many more people are wanting to have stuff done, but much of the old tattoo parlour mentality [where people would walk in, select something flash and have it done as though they were buying a stick of seaside rock] remains," he says.

"People need to be educated that getting inked is an important decision that requires careful consideration." Many people apparently leave the shop, scratching their heads in bewilderment after just a brief exchange. Having innocently asked for

£50 worth of brilliance, they seem surprised to be told that the price and the time it will take will be determined by the artist himself, according to the work and time necessary to create something individual and of value.

Art and the constant quest to take it to new places drives Bugs, not money, and it would be a good move to align yourself with that philosophy (if that's not already the case) when you approach him with a proposal for a tattoo.

"But hold on," you may be thinking. "I'm the customer and I've a right to choose how I spend my money." Well, that's true to an extent. But, thanks to 10 years' hard graft which has seen Bugs' and Evil From The Needle's reputation well-established, he's now reached a position where he can afford to be more selective about the work he undertakes.

For instance, the difference between what someone thinks he wants and what gradually emerges after Bugs has spent a little time discussing the job prior to designing a stencil can be markedly different. It's not a question of the tattooist trying to impose his ideas, more a situation of using his knowledge, experience and judgement to arrive at a result that will be mutually pleasing and something the tattooee will treasure.

If you went to a Harley Street Surgeon or a spray painting specialist you'd hardly expect to be asked how you wanted your chest sliced open or whether, in your opinion, undercoat was really sufficient. If you're buying a slice of someone's time and talent, however, you

might as well listen to their wisdom...

A compromise is available and for Bugs the beauty of employing other people (he has three apprentices currently working their passage) is that they can be kept busy attending to the specific requests of some customers while he continues his artistic quest and ensures that his enjoyment of the art of tattooing remains fresh.

A perfect example is his now well-known decision to stop doing the Celtic designs he became renowned for during the early part of the decade.

"While there are obviously many different possible interpretations of Celtic art, it's basically just lines and patterns. When I looked at my bookings for any particular day, that's all I was being asked to do. And after doing them for three or four years, seven hours a day, six days a week and then going home to spend the evenings working on new designs, I got sick of it. I got trapped by the things and longed for a bit of variety - perhaps using colour or doing a portrait," he says.

So Bugs stopped doing Celtic. But he is quick to point out the importance of progressing to new things after rejecting the old.

He soon found inspiration in Japanese styles and organic and bio-mechanic art, which he often fused with classical and mythological elements, intricately detailed and shaded, to create a whole new concept. Just as the reference books on the shelves in his studio are a jumble of ancient and modern art - the classic works of Rodin and Michelangelo rub shoulders

BUNNYING WITH



The proprietor of London's Evil From The Needle is no Flash Harry but an artist with a mission to progress the tattooist's art. Jon Williams dropped in for a good old rabbit.

BUGS



with sci-fi fantasy and superheroes - he plundered the past to feed the future.

Hence you can now see muscular, god-like figures, drawn in a classical style, leaping over burning skyscrapers bearing a giant symbolic heart like a sort of biblical King Kong. And, obviously, endless other subtle combinations that together assume a completely individual identity.

Sometimes, Bugs notes happily, the conception and execution of a new artform occurs simultaneously. "I've had guys come in and say: 'I trust you to do whatever you want.' That's when my brain goes into overdrive and does crazy things," he says. "They're happy because they know they're going to get something good and often totally different from anything else and I'm happy because I've been given the freedom to explore and experiment, possibly creating a new direction for my work in the

H&E 'quarterly' edition is now bi-monthly! Look out for H&E's 'new' edition - *H&E LIFESTYLE* - on sale 11th September

He may look terrifying, but it has to be original



process."

Or perhaps he might utilise a commonly seen style and use it to convey a different type of message, like the thought-provoking and even disturbing image of a syringe which arose out of the overall cartoon/graffiti style. Only Bugs and the guy whose leg it adorns really know what it represents, but a number of possibilities present themselves to anyone who takes a little time to really look at it. Whether or not you like, appreciate or agree with the tattoo, it's significant because it forces you to think.

Bugs refers to this situation as we talk about conventions and the contests that occur within them. Often, he says, the results are boringly predictable, but sometimes someone will take the trouble to look further than simply selecting a winner on the basis that it's personally pleasing.

Quite apart from any technical considerations (which may only be readily apparent to a learned few), the tattoo must possess some value, other than, perhaps, a purely visual one. It's hard to quantify but ask someone about their artwork and what it means to them personally (whatever your opinion of it) and you start to get the idea.

And when you start to get it and you're thinking that maybe it's time you got a new piece done, you could do a lot worse than bopping over to funky, freaky Camden High Street and discussing your idea with Bugs. As a trained designer, accomplished artist and experienced tattoo psychologist, he's well placed to sort you out.

Even if your visit doesn't end with you acquiring some unique and meaningful new artwork, you'll leave a little bit wiser. And if you're really lucky you might get to sit in his amazingly relaxing Japanese chair. **H&E**

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MEN SEEKING WOMEN

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FIT, FUNNY MALE, 30, 6', into scuba, badminton & cinema. Seeks fun-loving, adventurous, intelligent Female, for beaches, sauna, possible romance. Kent. ML 21888

HAVING YOUR CAKE...

Tall, slim, 27 year-old catering manager, likes good food & the movies. Seeks naturist lady, 20-35. Hampshire. ML 20466

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Tom Cruise lookalike guy 18. Into pubs, clubs, cinema, sports & music. Seeks slim, ginger-haired girl. Selkirkshire. ML 24447

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NEW TO NATURISM

Male, 39, seeks Female, 25-40, from South Wales area, to attend monthly naturist meetings with, start September. Swansea. ML 21578

CULTURAL PURSUITS Tall, handsome, athletic Male, 41, intelligent & charming, into beaches, dancing, wining & theatre. Seeks curvaceous, sensual Female. Kent. ML 22261

TEACH ME

Student Male, 26, into clubs, saunas, beaches & music. Seeks uninhibited, experienced lady, 30-45, for fun, games & naturism. Birmingham. ML 17897

NAUGHTY BY NATURE 50s Welshman seeks lady companion, slim, active, over 50, intelligent & attractive, into naturist scene. London. ML 21456

WEST END GUY Fit Male, 30s, blue eyes. Into gym & travel. Seeks Female for fun & friendship. West London. ML 22183

GET SHORTY Attractive, slim, short Male, 30, into photography, film, galleries & gigs. Seeks similar, short Female, 20-30. Swansea. ML 21511

THE NOVICE Genuine guy, 38, new to naturism, into cooking, walking, pubs & music, seeks Female, 20+, for friendship. North East. ML 22153

PLEASE, MISS Fit Male, 22, brown eyes, musical, inexperienced, but broad-minded. Seeks Female, 22-35, to lead the way. North West. ML 22963

PIERCE OFF Pierced Male, shaved where it counts, seeks similar woman for good times, & hopefully loving relationship. Hertfordshire. ML 22967

LET'S MEET Large Male, 54, dark hair, 6'. Seeks amicable, younger Female, any nationality, for naturist activities. Kent. ML 22988

BESIDE THE SEASIDE Tall

& slim 47 year-old naturist Male, likes saunas, swimming, massage & sun-bathing. Seeks F, 23-43, to join him at clubs & beaches, & on holidays. Northampton. ML 11238

STEAMY Good-looking Male, 37, slim, blue eyes, non-smoker. Seeks slim Female for sauna, naturist activities & possible relationship. London. ML 20440

BOWL ME OVER! Solvent Male, 39, likes pubs, discos, bowling & health clubs. WLTM bubbly & bouncy

naturist Female with similar interests. London. ML 22873

LOVING THE SCENE

Active 25 year-old guy, seeks female to go to naturist beaches, parties & the like. East Anglia. ML 18433

LIBRAN! African Male seeks mature Female, around 40, to enjoy naturist activities. London. ML 18737

YOU NEED HANDS! Blue-eyed Male, 29, athletic & tanned. Likes walking & the beach. Seeks Female or couple for friendship & fun. North East. ML 20063

UN-CLOTHED FREEDOM Guy, 29, likes going out, naked walks, nude cycling & exhibitionism. Seeks single/couples. North East. ML 20064

KEEN TO LEARN New to naturism Male, 27, into beaches & naturist clubs. Seeks slim, 20-28 year-old Female, with similar interests. Kent. ML 20412

LET'S PARTY! Male, 41, experienced naturist, likes parties, beaches, swimming & music. Seeks open-minded Female, up to 38. Middlesex. ML 20510

GRAB THIS! Well-endowed Male, 39, 6', well-travelled & witty. Seeks mature Female or Females for afternoon, adult fun. North West. ML 22731

MASSAGE MANIA! Fully qualified masseur, 28, 5'6", easy-going with GSOH. Seeks Female company for beaches, clubs & general relaxed fun! Sussex. ML 22830

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A LOT TO OFFER...! Tall, attractive, open, considerate & romantic 29 year-old, into cinema, restaurants, country pubs & travel, seeks a similar Female, 18-35, to share those special moments. West Lancashire. ML 12408

SENSUALITY Tall, smooth, tanned Male. Likes adventure sports and wine/food. Seeks sensual lady for relationship. Lancashire/anywhere. ML 15400

PLAYING IN PLYMOUTH Naturist male, well-endowed, seeks the 'larger'-type Female, under 56, for days/night on beaches. Plymouth. ML 15818

BLUE-EYED MALE Attractive, 21, 5'10, short dark hair, fun, fit, into pubs, clubs, cinema & sports, seeks Females aged 18-28 for fun & friendship. All replies answered. Southampton. ML 17163

A NEW DIRECTION! Male, 46, 5'9", slim, blue eyes. Into naturism & motorbikes. Seeks Female, 25-55, to share time with. Yorkshire. ML 20362

LIFE'S A BEACH Tall, athletic & broad minded Male, 28. Fun to be with. WLTM similar

Females, 18-26, for trips to the beach & clubs. Hampshire. ML 12797

NO MORE DIY! Romantic & caring guy, 30s tired of DIY & being alone. Seeks attractive Female, for fun & friendship. Northumberland. ML 18785

SPIRITUAL SUNSETS Scatty, sensual & spiritual Male, 27. Likes art, beaches & wine. Seeks Female friends, 18-35, to share quality moments. Devon. ML 19506

NO SHEEP PLEASE Tall, blond, blue-eyed 28 year-old guy, seeks adventurous, fun-loving lady for fun time. North Wales. ML 19750

FIT & ACTIVE Student guy, 25, 5'8", into keep fit, swimming, art, music, cooking & naturism. Seeks mature, kind lady. Kent/anywhere. ML 19797

GET IN THE MIX! Athletic Male, 33. Into DJ'ing, seeks a Female travel partner, 23-33, to join him at a naturist resort in mid July. London. ML 21060

LUST FOR LIFE Outgoing student, 29, 5'10". Into keeping fit, the outdoors, cooking, fine wine & having fun. Seeks independent Female with a lust for life. Northampton. ML 22612

FUN & FRIENDSHIP! Male, 43, enjoys cycling & music, seeks Female friend, 20-50. Yorkshire or Lancashire. ML 18010

IN THE PINK Dark-haired Male, with interest in naturism, saunas & open air club activities. Seeks naturist lady, 20-35. London/anywhere. ML 18055

IN A LATHER? Cuddly, 6' 27 year-old male into football, reading, shaving & body piercing. Seeks lady into the same. Newcastle. ML 18122

NEW TO NATURISM Tall, solvent Male, 38, good looking, into cinema, clubs & eating out. WLTM attractive Female for holidays, fun & naturist meetings. Surrey. ML 18193

INDOOR & OUT! Male, 38, 5'5" & medium build, enjoys walks, cinema & the beach, seeks F, 38-50, for naturist fun. Essex/London. ML 18279

GOOD FOOD, GOOD FUN! Male, 31, blue eyes, 5'10", into pubs, clubs, naturism, photos & videos. Seeks Female, or couple 25+. Shropshire. ML 18361

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FOR BEACHES & CLUBS Single guy, 27, seeks plump, attractive Female, 24-30, to accompany him to beaches & naturist clubs & activities. Maybe 1-2-1. Leeds. ML 19180

SMILE PLEASE! Good-looking 35 year-old Male. Enjoys beach trips. Willing to be painted & photographed by Female(s). Dorset. ML 19256

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NAKED SPORT 30 year-old Male, into naked walks at night, and naked cycling. WLTM like-minded guy, for that, and maybe more. S. London. ML 22370

WILL YOU TUTOR ME? Clean-shaven, 5'5", slim, inexperienced guy, 49, seeks guy for classes in naturism, photography & adult fun. Cumbria. ML 23050

RELAXED MALE, 30S, 6', brown eyes & 11 stone. Enjoys theatre, music, museums, restaurants & occasional scene. Seeks similar guy. London. ML 22333

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FACE TO FACE Great-looking Male, 22, fit & boyish, seeks dominant, handsome, slim & rippling Male, 48-60. Sussex. ML 23044

ROMPER STOMPER! Professional Male, 56. Likes win/dining, rambling, travel, theatre & massage. Seeks n/s, younger M, 25-40, to romp around in the nude with! London. ML 20504

LET'S STAY IN Avid naturist Male, 56, bald, 5'8", outgoing. Seeks younger, quiet Male for fun & friendship. Leicester-shire. ML 21392

TALL TRANSVESTITE Naturist, 34, seeks guy, 34+, for fun times. West Midlands. ML 20550

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BI JOVE! Bi-sexual woman, 31, into clubs and beaches. Seeks similar woman, to share interests. Can travel. Essex. ML 20183

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FUN-LOVING BLONDE Outgoing & intelligent Female, 29. Into music, cinema & nights in/out. Seeks gay Female with similar interests, for fun times. South Wales. ML 17240

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EXHIBITIONIST, attractive couple, 40s, new to naturism, seek retired, discreet Male, with secluded garden, for adult fun. South Coast. ML 21893

VERSATILITY A couple aged 33, 34 are interested in meeting other couples for adult fun, both friendly & easy-going. Brighton. ML 16406

COSY COUPLES Down-to-earth couple, Male 30 & Female 26. Into TV & shopping. Seek couple for good times & massages! West Midlands. ML 16228

TWINKLE EYES Broad-minded, black Male, 6'2", well-endowed, seeks broad-minded couples, any age/shape, for adult fun time. Hertfordshire. ML 23013

MASSAGE ME & THE MRS 40s attractive couple, naturists. Enjoy, massage, adult videos. Seek similar couple. Sussex. ML 22212

FUN BOY THREE Well-endowed black guy, 20s, witty, seeks broad-minded couple, any age or colour, to explore with. Hertfordshire. ML 23005

THE DOTTING DUO! Happy couple, she 23, he 24, seek couple for fun, picnics, pubs, clubs & naturist activities. Berkshire. ML 20764

TWO'S COMPANY Attra-

tive exhibitionist couple, he 30, well-endowed, 6', broad shoulders. She 42 & voluptuous. Seek broad-minded voyeurs. Coventry. ML 21302

WATCH THAT SPACE Discreet Male, 50, seeks Female or couple, to observe during intimate moments. Can give advice, too. London. ML 21427

OPEN TO OFFERS Bisexual guy, 40s, seeks bisexual couple for adult fun, friendship & more. East Anglia. ML 22803

AWESOME 4 SOME Attractive couple, he 30, 6', she 42, voluptuous, seek mature bi couple, 50+, attractive, for fun. West Midlands. ML 22866

SEXY FUN Happily married, attractive couple, she bi-curious, both 39. Seek attractive, single Female/couples, for adult fun. South Lincolnshire. ML 20096

TRY ANYTHING Exhibitionist Male, 6', medium build & well-endowed, WLTM broad-minded couples or singles. Cumbria. ML 21366

GET TOGETHER Indoor/outdoor naturist Male, 60s, seeks other naturists to set up indoor naturist group. Croydon. ML 21390

AFTERNOON DELIGHT Attractive, clean-shaven and bi-curious Male, 39, seeks mature couple, for afternoon fun. Blackpool. ML 18483

COSY COUPLES Outgoing & friendly Surrey couple, 40s. Seek similar, fun-loving couple, for fun times & friendship. ML 19996

RUB DOWN! Qualified masseur Male, 29, seeks Female or couple into H+E & massage. Northern Ireland. ML 20008

WHAT A COUPLE! Professional. She 35, slim & curvy. He 42 & fit. She bi-curious. Seek experienced couple for fun. Hampshire. ML 20423

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Canvey Island, Essex. B&B in naturists' home, friendly atmosphere. Day visit & massage available. Phone 0402 274172 (910157 9810)

PROPERTY FOR SALE

Apartment for sale on naturist site, Costa Natura, Estepona in Spain. South facing, sleeps four, fully equipped. £36,000. Tel: 01934 513577 (910144 9810)

Aromatherapy/Massage Business South Manchester area established nine years. T/O £20,000. Suit naturist masseuse/couple. House and business £80,000. Box no. 980902. (910183 9809)

Onneley Naturist site for sale Stoke on Trent area 5.2 acres plus large club house including sauna and toilets. Secluded location. Enq Tel 01782 715725. (910196 9811)

Cornwall.Two Bedroom Bungalow for sale. Fully tiled fitted kitchen and bathroom with jacuzzi bath. Two seater hydro spa sauna, conservatory, large green house, built in B.B.Q., solarium. Beautiful secluded garden ideal for naturism. Plus extras £79,000.00 Tel: 01326 563872 (910199 9811)

FRIENDSHIP

Quiet, shy, generous naturist (60) seeks lively, outgoing male friend (under 25) for chat, trips, happy times. South/ anywhere for start. Box No 980301 (910117 9809)

Attractive slim guy, (Late thirties), dark hair, smooth chest, petite bum, will pose for artists and photographers, very broadminded, based westcountry, can travel. Box no. 980903. (910222 9809)

Is there a naturist lady in Yorks, Notts or Lincs who is not too old for another friendship companionship or even romance after a bereavement? Please help me find life again. 01302 866692 (910177 9809)

Ring 0181-980-8380 to place your ad - display or classified

PARTNER WANTED in Devon! Divorced male, 55, V.G.S.O.H. seeks live-in male other half. I'm insecure and need some support. Hobbies Naturism, Foreign Travel. Write now if solvent and free to re-locate. Box No 980701 (910079 9809)

Student male, new naturist, seeks friendship of like minded male or female. West Country area. Please write to Box No. 980708. (910125 9810)

Seeking Naturists, communes, couples, companions of similar mind? Penfriends in all areas and throughout USA worldwide. Stamp please, Baraka H, The Golden Wheel, Liverpool, L15 3HT (99/01)

Meet new friends and lovers! Singles and couples enjoy Parties and Introductions! Phone now for details:-(24 hours) 0181 236 4006 (910120 9810)

HOLIDAYS

Ibiza. Exclusive country estate. Naturist paradise for pleasure seeking swingers. Hedonistic atmosphere. S/C apartments. BBQ, Bar, S/Pool, Jacuzzi, £25 P.P.P.D. 00 3471 331157 (98/09)

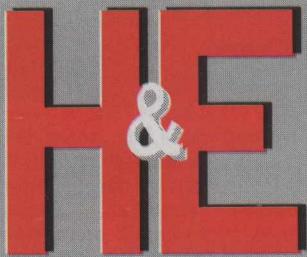
West Wales - Llywnteg naturist Centre is a new concept in British naturism. A combined holiday centre/health centre aimed primarily at the 25 to 55 age group, it is for naturists who seek a more liberal-minded atmosphere than that found in most Sun Clubs.

Friendly and informal, people are free to relax and have fun. Indoors there is a modern health suite with all the facilities one would expect including massage.

Outdoors there are 18 acres of the most beautiful countryside in West Wales.

Prices for accommodation are from £25.00 per room per night. Day visitors are welcome throughout the year and camping is permitted during the summer.

For brochure send 3 first class stamps to: Llywnteg Naturist Centre, Rhyl, Llandysul, Dyfed SA44 5PP Bookings only- Tel: 01239 851637



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HERE IS THE B.B.C. NEWS
B.B.C. stands for 'Bare Bottom Club'. It is an entirely new naturist organisation aimed at 25 to 55 year olds. Based at Llywytog Naturist Centre it believes the C.C.B.N. is for old fogeys. The B.B.C. is different. It is humorous, liberal-minded and adult. Most of all it is fun. If you want to tune into the B.B.C., write to:
BBC, Llywytog Naturist Centre, Rhydlewys, Llandysul, Dyfed, SA45PP
(910041 9812)

Adventure Ireland. Are you looking for a short break? Do you want absolute privacy? Do you want spectacular scenery? You do! Adventure Ireland Tel +353 51 562 540 Limited spaces available (910224 9809)

Summer in Fuerteventura! Fabulous naturist beaches and

lovely accommodation at prices you'll love. Brochure from Sunseekers (Dept H), FREEPOST (RCC2232), Horsham, West Sussex, RH13 6ZA or telephone 01403 891495 (anytime) (910164 9810)

Cap d'Agde studio apartments available for carefree naturist holidays, travel can be arranged. Personal service. Details: 0370 792 668 (910226 9809)

Lanzarote 3 bed villa, TV video, private heated pool, solarium, quiet position 3 miles from airport, car necessary, sleeps 6/8 persons from £450 weekly. Phone 0034 28 512149 (910137 9810)

Portugal - Luxury villa, sleeping up to 9, maid service, large patio with 6 x 4m pool, secluded garden, 2400 sq.m, totally suitable for naturists, situated in Almancil on the Algarve, 8 miles Faro, 5 miles from beaches, golf and tennis. Details: 16a North Street, Hornchurch, RM11 1QX 01708 472 715 (910109 9710)

Brian and Patricia. B&B & Holidays in France, naturist environment, jacuzzi, massage, relaxation. SAE & 50p for brochure £10 video. Ryall, Carrouzé, 47800 Armillac, Miramont. 0033 (0) 5 53 930604 (98/10)

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Send 4 x 1st class stamps for prospectus Silverleigh, London Road, West Kingsdown, Kent, TN15 6EX (A/C910223 T/C)

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Sue and Steve demonstrate and teach sensuous massage privately. Singles/couples. Evenings. N. London (M25/M1) Also 'Liberating sensuality' Saturday Seminars:-Leaflet (2 x stamps) 'Healthcare' Box 515, St Albans, AL1 5DW (910101 9809)

Spirits of Africa Indian Head Massage; Thai/Swedish naturist reversible massage by Christina. Feel the magic in my touch. M1 Junction 15 Tel: Northampton 01604-472576 (9808+1)

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Gt. Manchester/W Yorks. Full body massage by qualified masseur and wife for ladies, gents, couples in high class surroundings. Can visit. Phone 01457 872866 (910140 9810)

Relaxing Massage for men and women by nudist male North Somerset area ring 0976 32 83 11 (910175 9811)

Great London Area qualified oriental naturist male masseur offers sensual full body massage for ladies and couples. Experience yourself with my magic touch. Call Alex for appointment 0181 354 0242 or 0468 373838 (910191 9809)

Staffs/Shrop. M6, J14. Relax in/Outdoors with busty slim 30's blonde genuine nudist (ITEC). Appointment only 9.30 a.m. - 6.30 p.m. Mon- Sat 01785 851 924 (910092 9809)

Birmingham Naturist full body massage for couples/singles in private home. Totally nude environment can accommodate (Also visiting service) Mark 0410 102013 or 0121 561 2400 (910217 9811)

South London Full body massage by young male masseur for mature people. Available most evenings visits only. Tel: 0958 223513 (9102039809)

Berkshire. Professional Male practitioner offers unhurried therapeutic massage for ladies. M/F partner welcome to

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Surrey, Executive Massage (naturist) tranquil surroundings, easy parking. Wednesday, Thursday, Friday, 12 noon till 10 p.m. Carol; Tel: 01483 481 691 or 0374 940148 (mobile) (910086 9809)

Visiting service Northeast females and couples. Relaxing massage by mature male. Telephone 0370 631 804 mobile (910135 9810)

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Complete body massage offered to men by young athletic guy in comfortable apartment. Also body shaving. Central and hotel visits anytime. Steve (0171) 376 4152 (910159 9901)

London W11 Qualified naturist female masseuse offers excellent massage. Mon - Fri - same day appointments. 12 - 10p.m. 0181 969 4457 (99/03)

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Derby, East Midlands Relaxing unhurried massage by a qualified friendly couple. Together or individually. Tel: 0410 453 773 - Jeff & Jill (910184 9811)

St. Albans, Herts. Indulge in a gentle, relaxing and satisfying full body aromatherapy massage. Everyone made welcome. Antonio (01272) 811234 or 0973 616 706 (910218 98/011)

S.E. Kent. Ramsgate (near Sandwich nudist beach), lady offers relaxing naturist massage in the privacy of her own sea-side home. Phone 01843-580041 for appointment (910162 9810)

Northampton - Qualified female Therapist/Counsellor offers aromatherapy, Reflexology, Shiatsu, Swedish, Tao massage and counselling. Private home studio with sauna and shower. Park Studios. Tel: 01604 404461 (910045 9811)

Central London. Unpretentious, genuine, ordinary man, offers sensual naturist massage to ladies and/or couples. Tony 0171 286-2354 (evenings after 6.00pm and weekends only) (910178 9811)

S.E. London/West Kent. Full body massage/aromatherapy by experienced naturist couple for ladies, gentlemen, couples. Relieve stress, tension and totally relax. Sensual massage for couples. Tuition available. 0181

690 8714 or 0168 981 2426
(910206 9811)

Lincolnshire, attractive mature couple offer full body relaxing, sensuous naturist massage, either singly or together, for ladies, gents and couples. Learn how Tandra can improve your sex life and give you better health and vitality. Phone Jan or Mike 01526-345446 (910198 9811)

Guildford. Masseur I.T.E.C. qualified offers full naturist body massage to ladies, gentlemen, couples in private clinic or local home visits. Phone Christopher 01483 211050 (910077 9809)

"Excellent aromatherapy massage in West Yorkshire". Exit 26, M62, Joyce Frearson. S.P. Dip. A., M.I.S.P.A., R.S.A. Counselling. Tel: 01274 876621 for details and appointments. (910036 9810)

Cheshire Aromatherapy by qualified masseuse. For information/ same day appointment, Mon, Tues, Wed, Fri, please call before 9.30 a.m. 01625 511551 (910163 9810)

For Mind, Body and Soul. **Ladies/Gents** soothing naturist massage by qualified male practitioner. personal exploration/ Psychotherapy also available (dressed only) Jon: 0181 903 4951 or 0976 411868 (London) (910231 9811)

Masseur/ex Royal Marine P.T.I. offers sensual massage, gym workouts, body shaving, herbal bath etc. for gents, ladies and couples. All naturist environment. Junction 10/11 M25 Can accommodate. Phone 0836 356145 (910201 9811)

London. Outstanding male masseur. Handsome 34 year old naturist. Total luxury in private Hammersmith surroundings. All services to men/women/couples. Spoil yourself. Credit cards accepted. John (0181) 741 0412 (910219 9811)

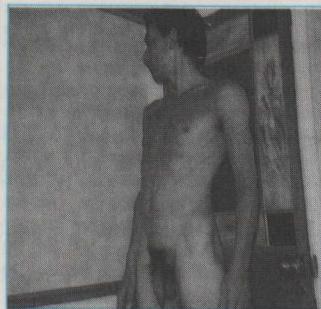
Man 2 Man Brighton therapeutic complete body stress relieving naturist oil massage by A.i.R.M.T. qualified masseur 35 medium build attractive discreet sensuous hands enquires appointments 01273 207239 (910182 9809)

North/West. Professional masseur offers quality, unhurried, full service massage, special aromatherapy, assisted aromatic bathing etc. Also B&B as required. Appointments only 0151 652 5948 (910186 9811)

Bedford male masseur offers superior naturist massage for men, women, couples in private comfortable surroundings. Appointment from 6.30 p.m. daily. Tel: 01234 325951 or 0802 405 018 (910105 9809 T/C)

Voluptuous blonde naturist, shaven and pierced, gives sensual full body massage to executives in discreet luxury surroundings. Relax and let me relieve your tensions. Friendly - no hurry - satisfaction guaranteed. Ipswich 01473 270120 (Mon - Fri 10a.m. - 6p.m.) (910133 9810)

Satisfying massage for discerning



ladies/ couples by naturist masseur with sensuous hands. Body shaving for ladies. Discreet, reliable. Accommodate / visit. Reasonable rates. Mark 0171 700 6826 (910098 9809)

Stowmarket. Mature male masseur gives satisfying massage. Releases tension and stiffness of muscles. Appointments 9 a.m. - 8 p.m. 7 days. Tel: 01449 711351 (910069 9809)

Attention: All massage practitioners are now required to produce documentary evidence of their qualifications before their advertisement is placed.

MODELS

Artist seeks models in photographic documentary, ages 1-80, male and female. Ages still needed: Male 78 + 80, female: 44, 45, 49, 62, 65 + 80. Travel expenses paid and print available. Telephone Tony Kelly 0171 627 5439 (910208 9811)

Attractive filmmaker seeks attractive naturist models, ladies and couples in video documentary collectons. Call Alex on 0181 354 0242 or 0468 373838 for appointment. (910192 9809)

Ameteur photographer in Sheffield area seeks tall, slim male for amateur naturist modelling beginners welcome (Aged 18 to 25) no publication privacy assured Tel 01302 344621 (910179 9809)

Photographer **Seeks** male models aged 18/24 beginners welcome good physique required for range of Athena style shots ring for sample yorkshire area Tel 01246 236667 (910228 9809)

Photographer (London) seeks amateur nude/ clothed models male/ female under 30. Please supply details, Pref with phone. First timers welcome. Travel

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Unusual pierced shaved and tattooed model (42DD - 28-38) versatile, experienced, photo/video work of all types. Rona - Ipswich 01473 715150 (evenings) (910134 9810)

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PERSONAL

Fantasy Garden, West Wales: Whatever your fantasy, we can turn it into reality! Details: 01239-820330 (910221 9809)

International Newsletter, plus worldwide correspondence list, free listing. Also naturist photos, posters and videos. For more information, write to I.N.I.C. PO Box Box 2082, 2800be, Gouda, Holland (98/06 +ls)

Penpal Mag for adults:

Over 500 photos. Approval copy from: Matchmaker, (E.25), Chorley, PR7 4BS, Or ring: 01257 480155 (24 hours) (98/06 +ls)

Uninhibited women, men and couples seek broadminded/ adventurous people! Free information; send SAE now to Samantha Wilde Bureau, 2-5 Old Bond Street, London, W1X 3TB Established 1987 (910119 9811)

Ladies only experienced mature male offers all escort duties for ladies. Dining, theatre, office functions, sports events. Massage also available. No males. Middlesex, Herts, West London. Contact No 07050 041721 (910195 9809 T/C)

VIDEOS

"Naturist beaches of South Tenerife. Unique video guide helping you plan your nude holiday. Cheque £17.00 incl to: Upfront Arts 1 Victoria road, Malton, YO 17 0JJ (910197 9809)

BELFOR. Make money! We buy your adult amateur video footage (featuring 18+persons). Amature models required. Info: Belfor, Ardrum, Achine, Bettyhill KW14 7SG. 18+ only! (910205 9809)

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Over 18's only

To: Main Event Productions, PO Box 79, Leeds, LS19 6XN (910227 9809)

Attractive, brunette, slim, 26, would like to pose for fun photography, or video, north west area preferred but can travel. Photographer please send sample of work with reply. Husband will accompany. Box No 980705 (910115 9809)

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See your photos on your P.C. For a price list please send an S.A.E. or, for samples send £5 to P.O. Box 241 St Albans AL1 5TF (910232 9811)

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* HOW TO CONTACT

* WHAT FACILITIES AVAILABLE

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Kingfisher Naturist Sunclub, sauna, pool, massage, sun terrace, lovely surroundings, open daily, social evenings. Tues/Thurs. Naturist B&B M3 Junction 3. 01276 452598. (910193 9809)

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NATURIST CLUB

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THE NATURIST CLUB WITH ALL YEAR ROUND SPORTS AND SOCIAL ACTIVITIES
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For brochure send s.a.e. to:
The Secretary,
Fiveacres Country Club,
Fiveacres Avenue,
Bricket Wood, Herts. AL2 3PY.
(A/c)

Ashdene Naturist Club
welcomes membership enquiries from families and couples. For details of facilities and fees, write to 500 Elland Road, Elland, West Yorkshire. HX5 9JB (910131 9810)

New members are welcomed at the **BIGGEST LITTLE SUN CLUB IN ENGLAND**. Set in beautiful Surrey countryside, Surrey Downs boasts a new outdoor pool, new games courts, Boules court, luxury clubhouse and sauna. Relax in sunshine or shade on our spacious lawns. Student and Distant member reductions. Telephone 0181 482 7126 (24 hours) or write: PO Box 75 Woking, Surrey GU22 7XB (CCBN affiliated) (910061 9809)

OTHER CLUBS

Check this out!

A nudist club that's into shaven smoothy!!
Join the "World of the Nudest Nudist" and read *Nudest*, a new magazine that shows the classical beauty of the smooth body and the pleasure of being nude! For brochure, send two International Reply Coupons (obtainable at a Post Office) to:
World of the Nudest Nudist
Postbus 291
1700 AG Heerhugowaard,
The Netherlands
Tel/fax: +31 (0)226454193
e-mail:
nudest@worldaccess.nl
(98/09)

Liberated singles and couples are having fun together, throughout the UK. Why not join them? SAE: HE997, 84 Stafford Street, Atherstone, Warwickshire, CV9 1DW (910200 9809)

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Pool, sauna, Clubhouse, Video Lounge, Rest Room, Massage Accommodation, Camping and Caravan Site, All Night Parties. Couples, Singles and Families welcome.
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North Pembrokeshire, West
Wales, SA42 0NQ.
Or ring: 01239 - 820639 for details
(910143/3 9809)

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Various workshops will be held in the autumn and winter months

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and speak to Jacqueline for further details of advertising in H&E LIFESTYLE

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Catalogue of men's / ladies' under-wear and swimwear, thongs, G-strings, micro briefs in cotton, nylon, lycra and leather. Send £3.00 in stamps (free G-string) to: P.S. Leisure, PO Box 108, Wellingborough, NN9 5ZX (910090 9807+so)

Your advertisement could be selling for you here. From just £30.00 for 25 words, our classified ads reach readers interested in all aspects of outdoor life, from health products to camping equipment, barbecues to beachwear. Telephone 0181-980-8380 and ask Jacqueline for details

DON'T FORGET!

The first issue of *H&E Lifestyle* will be on sale on Thursday, 11th September, 1997. **FREE** Instant tattoos with every issue. £2.95 for 84 pages of naturist entertainment and facts.

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London's most popular naturist spa

2 x Large Jacuzzis
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Swimming Pool
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LOOK US UP ANY TIME!

New Freedom are pleased to announce that H&E's Web site is now up and running. If you have access to a computer and a modem, you can access us at

<http://www.H-and-E.co.uk>

Our site updates every month. You can leave comments for us there too - simply 'sign' our guestbook - or place your order for many of our products through the secure server

OPEN 7 DAYS A WEEK
- ALL YEAR ROUND



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As well as day visits, you can stay at Silverleigh from £27.50 per room per night

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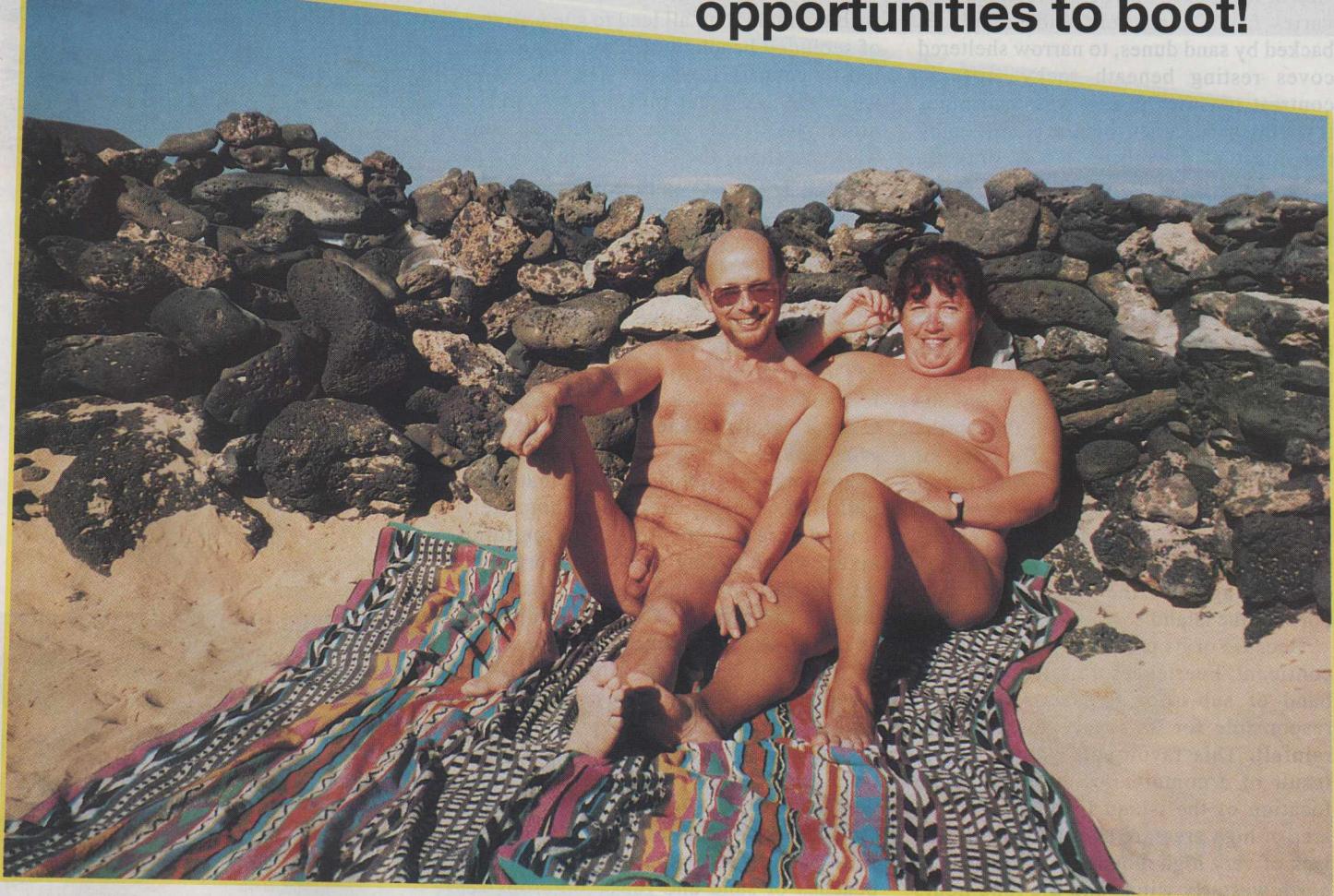
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Life's a huge naked beach!

Fuerteventura isn't known for its exciting scenery - but Neale Zacks begs to differ. Not only does it have a fascinating landscape, but endless naked opportunities to boot!



Wild and wonderful

Can you just imagine an island where it's summer all year round, a wild, unspoilt island with miles of uncrowded beaches of white sand. Beaches where, if you wish, you needn't bother to wear anything. No - you're not dreaming, just imagine this, and you've imagined Fuerteventura.

As we contemplated this ancient island from our plane, my wife Barbara and I thought we had chosen to spend our holiday in the Sahara. Beneath the transparent blue sky, the island appeared desert-like, silent and lonely with conical peaks and rugged hills, piercing like knives the empty blue firmament. Everywhere there were lava flows, volcanic waste, rocks and barren land.

This is how we saw Fuerteventura from a height, but on arrival, the reality is much different.

Our searches through many of the travel firms' brochures beforehand gave the impression that Corralejo, in the north, was the only resort on the island. But taking the advice from a friend who regularly returns there, Barbara and I headed south of the elongated narrow shape of the island to the Peninsula of Jandia (pronounced Handia).

With no known naturist accommodation, we had chosen the remote, Hotel Los Gorrijones, near Costa Calma. This hotel is set in an idyllic location right on the edge of a beach, with nothing but sand in either direction. ↗

Although this is a textile hotel, a good many of the guest were stripping off to be nude on the beach before they had got many metres from the hotel grounds.

Could this be the largest nudist beach in Europe? From the hotel it's possible to walk completely nude south along the Playa De Sotavento De Jandio, for nearly 20 miles to the resort of Morro del Jable. One day, determined to check out this claim, and wearing only a sun hat and carrying a bottle of water, I enjoyed an exhilarating nude walk for some two hours southward, which took me approximately half the distance of this vast beach, before taking the two hour return trip.

On this fascinating walk, the immense size of this beach can be appreciated as it varies from being very wide in places backed by sand dunes, to narrow sheltered coves resting beneath rocky cliffs in contrast to other places with enormous towering sand dunes that have built up by the constant prevailing winds drawing sand out from the barren hillsides. Once away from the hotel, your nearest neighbour on the beach is probably a match stick size mirage figure in the heat-shimmering distance.

Fuerteventura is one of the eight inhabited islands which, along with its small satellite island of Lobos and other rocky outcrops, form the Canary Islands archipelago. It emerged from the depths of the Atlantic in different cycles of volcanic activity, and the age of the island is calculated to be approximately 16 million years, according to dating techniques, which also confirmed different ages for the south, centre and north of the island.

Because of its proximity to the African continent, Fuerteventura falls within the band of sub-tropical deserts which is responsible for its scanty and irregular rainfall. This favourable climate is the result of a combination of factors: the location of the island in relation to the area of high pressure over the Azores, the lack of very high mountains, the constant north westerly winds and the long hours of sunshine. Every year there is an average of nearly 3,000 hours of sunshine (86 per 100), which obviously is the added attraction when it comes to choosing the ideal place to spend a naturist holiday.

We took a coach tour of the island, which gave us some idea of the thirsty, barren and ever changing severe landscape, and the main tourist points of interest. This tour whetted our appetite for an exploration off the beaten track, so we hired a jeep for one day and a car for a couple of other days. With little traffic on the roads it's a real pleasure to drive, seeking out the beauty spots.

As bleak, timeless and unfriendly as some of the landscape may at first appear, Barbara and I found it far from

unappealing. The dominant ancient volcanic mountains often harbour severe, but striking valleys. These mountains that are harmoniously scattered the length of the island are the remains of ancient and not so ancient volcanoes.

However, it is beaches that sell Fuerteventura to the tourist, and by hiring a vehicle we could search out a few of the 150 that can be found on the island. With the jeep we crossed the south Jandia Peninsula to the isolated west coast. Wind-swept and exhausted, we climbed to the roof of the island, carefully avoiding the many potholes and not venturing too close to the edge of the road where it plummets hundreds of feet down on to sea flats.

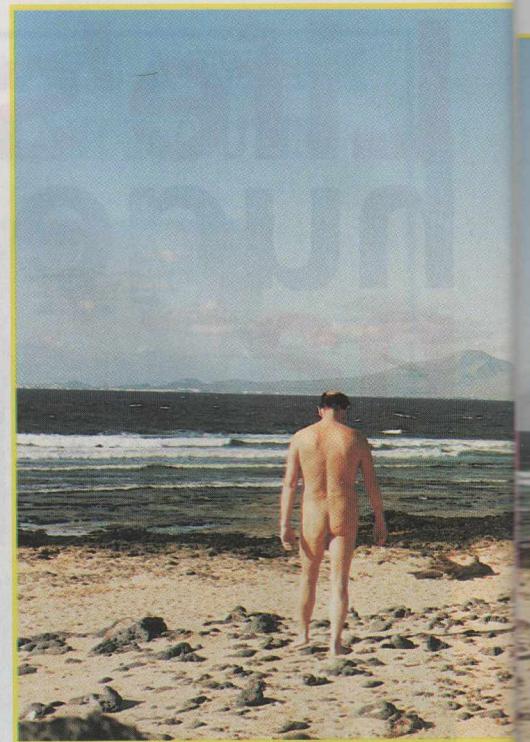
Most of the rough tracks that connect with the main road all lead to some stretch of secluded beach, which we found were mostly naturist. It was on one of these that we witnessed what must be a "naturist nightmare". This was an elderly man walking along the beach with a bit of toilet paper still sticking out from his bottom. I think we were almost as embarrassed as this person would have been had he known. It was a dilemma whether to tell him or not, in the end we chickened out. It's like telling someone they have bad breath.

Further north it was a stop to watch the lace makers at work in the village of La Oliva before heading off to the ramshackle village of El Cotillo. Apparently it is a Spanish Law that some buildings which are not completely finished are exempt from some building taxes, which is why a lot of the property throughout the Island looks a bit shabby and unfinished. El Cotillo is a prime example, which has eluded the pressures of modern European life, and is a complete opposite to the earlier prettiest village of Pajara.

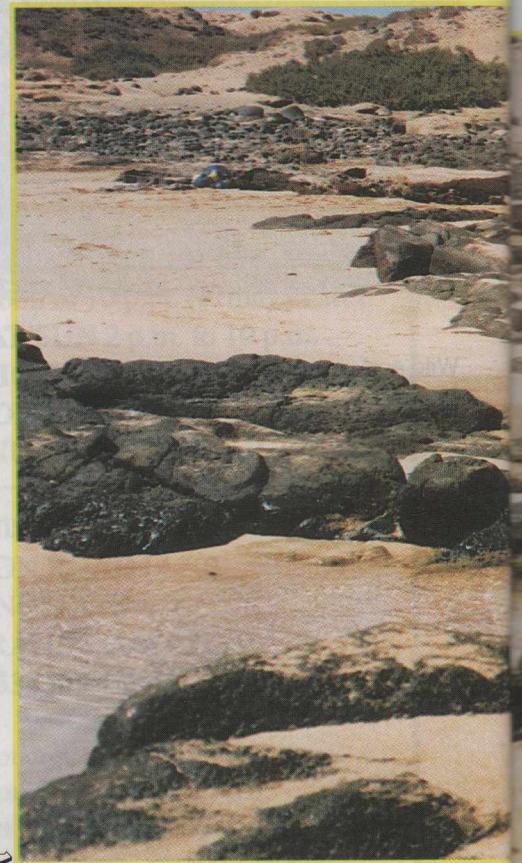
After our hot journey it didn't take long for Barbara and I to strip off and join fellow naturists for a nude swim and sunbathe. To the south of El Cotillo we were captivated by the visually stunning beaches of sand and rocky outcrops set against the castle ruins (Castillo de Rico Roque) and aptly named Playa del Castillo. This vista of breathtaking beauty attracted a good mix of naturist and textiles. The large Atlantic breakers made it unsafe to swim, but it was exhilarating to dodge the fantastic white foaming rollers as they crashed onto the beach, like nature's symphony. Certainly a beach to attract us back to again and again.

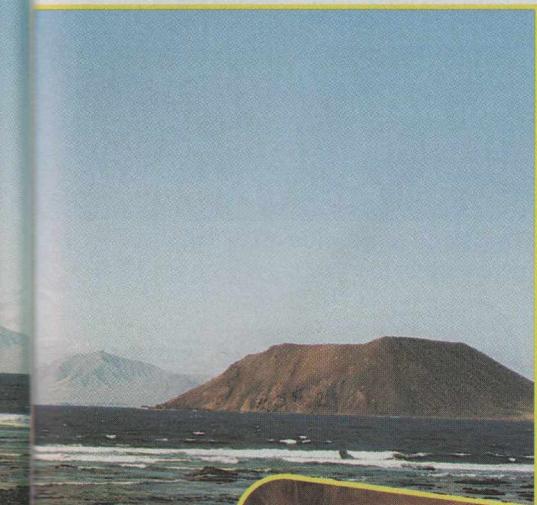
Eventually we did tear ourselves away to head into a no-man's land of stone and rock plains stretching for miles in all directions before reaching Corralejo. This is the resort most tour operators use, and is full of vast blocks of apartments, hotels, discos and amusement centres.

From here we could look across to the neighbouring island of Lanzarote and the ↪



"The island appeared desert-like, silent and lonely..."





“ Further north it was a stop to watch the lacemakers at work in the village of La Olivia”

Although this is a textile hotel, a good

pimplet island of Lobos. On the outskirts of Corralejo are immense sand dunes bordered by magnificent sandy beaches, bathed by sun and the gentle caress of the blue sea. The island of Lobos acts as a breakwater, making it a paradise-like place and a favourite for naturists.

Although the bordering apartments to the beach are textile, we found naturists were very close and in full view from both apartments and the main road. Needless to say, it didn't take long for us to join them.

Returning to our hotel we decided to give the capital Puerto del Rosario a miss before passing through Castillo de Fustes. This is a newer resort that is now being promoted by tour operators mainly for the cheaper package market.

Beware, however, it has only a small man-made beach, and is therefore not suitable for naturists, unless it's a budget holiday you're after and you're prepared to hire a car to seek out the plentiful beaches on Fuerteventura. Definitely not the resort for a peaceful holiday, as it's on the main flight path to the island's busy airport.

With the vast captivating Playa de Sotavento de Jandia on our doorstep, (thought by many to be the queen of Fuerteventura's beaches) this unparalleled coastline kept us happily relaxed for the remainder of our holiday.

Further south at Morro del Jable we felt uncomfortable on the beach. Most of the beach is naturist but in full view of the road. However, it seemed odd to us that these people with their beautiful bronzed bodies should then put on swimming

unappealing. The dominant ancient

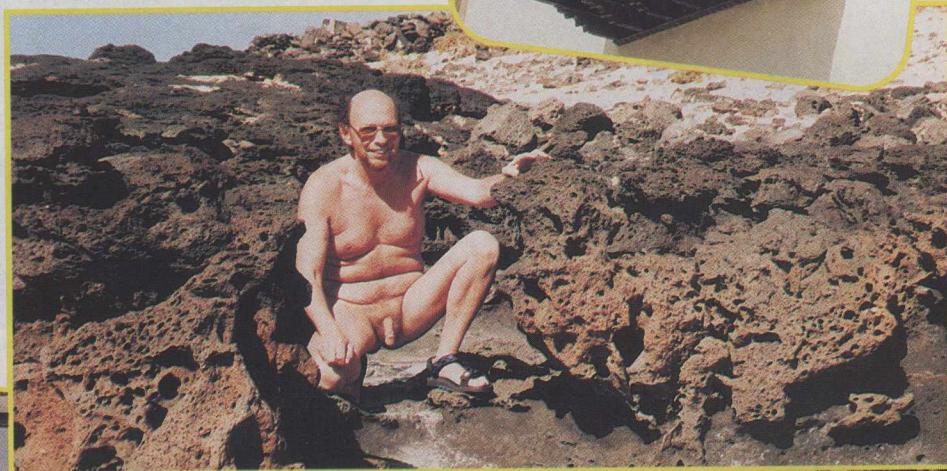
costumes to swim in the perfectly clear calm waters. To us, swimming in the nude is as much of the attraction as nude sunbathing, we just couldn't understand the logic in this behaviour.

That aside, we can understand why naturists want to return to Fuerteventura year after year. Being so captivated by Fuerteventura we have again recently returned there, this time taking a budget Direct Book holiday, staying on the outskirts of Corralejo. Our accommodation was a convenient 20 minute walk to the town centre or to the naturist beach.

Our travel arrangements to the Hotel Los Gorrijones were with Thomsons, the sole English agents for this hotel. The direct booking holiday was Portland Holidays for our Corralejo break. Portland (Tel 0990 002200) now offer the Caleta del Mar apartment holidays, these are right on the very edge of the beach which naturists use only a few metres away, with a plentiful supply of stone beach shelters a stones throw away.

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The island offers more than it's given credit for





H & E - breathing new
life into naturism



BAB'S DIARY

High on July

Miles away from the London smog, Babs enjoys the fruits of summer



The stormy winter had caused lots of driftwood to be washed up on our local naturist beach. After a day's sunbathing, I gathered up a few armfuls for my log burner. We sometimes need it in the late autumn evenings as it can be a bit chilly indoors.

While we were there, we saw our French friend Germaine. He had his photograph with me printed in H&E last year and reminds me about it each time we meet. He had the picture from the magazine

printed onto calendars to give to all his friends as Xmas presents. I never thought that I'd be a calendar girl!

He invited us to his house for dinner one evening. We ate roast rabbit, which seems to be a popular meal in this part of France. Germaine is in his seventies and lives alone with his equally elderly dog, Bobby. During the meal he told us that he was one of the first naturists to use St Pierre beach. He recalled that the local Mayor told the gendarmerie to "leave the nudists alone as they are well behaved people and no trouble at all". Then it was only 100 metres of sand - now it stretches for more than 3km.

I was very pleased to see that more facilities are available for children this year at the Cap D'Agde Village Naturiste. The adventure playground near the camping site has been enlarged and extended and now includes a super fairground-style roundabout suitable for the younger ones. There is also crazy golf, a volleyball and a basketball pitch for the teenagers.

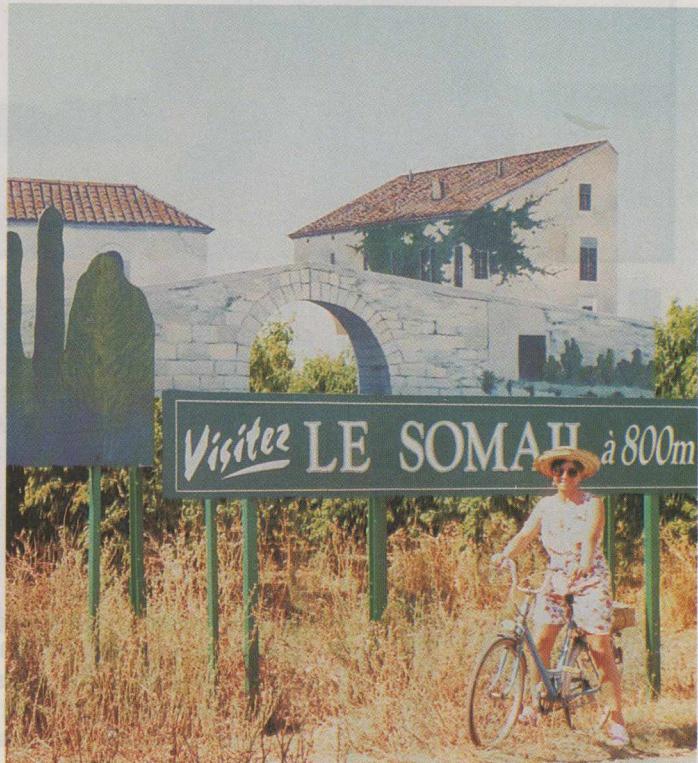
One really hot afternoon we went for a cycle ride through the vineyards to the picturesque village of Le Somail on the Canal du Midi. It took us past orchard after orchard of apricot and peach trees laden with ripening fruit. We gathered up a bag full of windfalls to take back home for jam making. Peaches are one of my favourites, the sweet scent and the warm succulent juices which burst as you bite into the fruit are so evocative of summertime.

We continued on our way, past fragrant almond trees, fields of melons and heads of golden barley waving in the gentle breeze. Time for another rest by the river bank to cool off





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again. Mike went in for a swim and looked like a giant frog swimming among the shoals of small fish. While he was in the water, I picked a huge bunch of pretty wild flowers and a bag of plums growing in the hedgerow. I collected enough fruit to keep us going for a week.

July 14 is a national holiday with celebrations taking place all over France. Our village had a grand fireworks display followed by dancing in the square until 3am. Both the old and young join together to enjoy these celebrations.

Even young children are allowed to stay out with their families and are not ushered off to bed at a certain time, as they tend to be in England. The people here certainly know how to enjoy themselves and believe in family unity.

The following evening we were invited to join some French neighbours for a meal where we had a lovely time. Our host, who works as the manager of one of the major banks, was very amusing. He could speak some English and tried to impress us with his knowledge of slang words. They have a dog called Fred. It's funny, but I've only just noticed how the French all seem to give their dogs English names.

Our 70 year old neighbour rang frantically on our doorbell to invite us into her house to watch the Tour de France on her television. We only joined her to keep her company but within a few minutes she was snoring loudly. Then as the race came to an end, she awoke suddenly to see her favourite Frenchman crossing the finishing line. She was overcome with emotion and a silent tear trickled down her cheek. Mike thought it was all quite amusing.

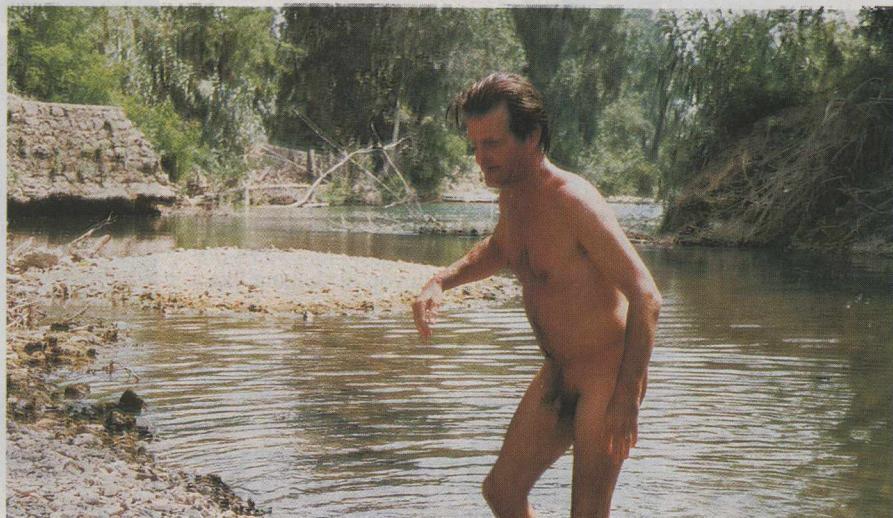
A sweltering heatwave has hit France and,

according to the thermometer in next door's courtyard, by 9.30am one day the temperature was already 48 degrees. Our house has thick stone walls which help to keep the inside cool and as we are at the end of the village and not overlooked we are fortunately able to be naked whenever we want.

When I came back from buying my baguette, the sky turned black and a flash of lightning streaked across the sky above the mountains. The rain fell down "in strands of rope" (the French equivalent of "cats and dogs") and cooled the house and pavements below. I was so relieved as after two or three days of sweltering heat I had been hoping for rain.

I expect when I return to England I'll be eating my words... **H&E**

Exploring the vineyards





DIANA AND GEORGE

This month we seem to have a column about new beginnings. We've had a lot of letters from people who have decided to give the naked lifestyle a go but have found the going a bit tough in various ways.

First, a bit of advice from a reader for the chap who wanted to take up life modelling (in our June column):

"I'm a male life model (nude) and have been since 1990. The best way to start off is to put your name down at local art schools, colleges and adult classes. Also, contact local artists who do life painting or drawing - some photographers do nudes. However, be careful who they are and what they will do with the negative or photo thereafter. I started out in adult classes and now know some well-known artists and local photographers. I also do modelling for outdoor summer schools. Another thing is to build up a portfolio of work to show to others. It should include a variety of interesting poses. Also, get some cards or leaflets printed about yourself."

D It's a good move to prepare yourself before you go into any new environment (such as with leaflets and cards as suggested here) so that you seem really professional and at ease with your approach - even if underneath you're shaking like a jelly!

G Yes, and that applies to naturist activity too, doesn't it? Much of what people write in about stems from not being able to get over that anxiety about making a first move:

"Naturism is something I have wanted to try since I was 16. Well, I turned 21 this year and joined the CCBN and went to my first swim night. I now go all the time and wish I had started years ago! Being shy, it has helped me grow in confidence week by week. Before I went into naturism I always said to myself I would tell everyone I was a naturist when I became one. Now am I one, I find this is not so easy! I have told none of my friends or my relatives. However, I am seriously thinking about telling my mum. You see, I still live at home, and count my mum as the closest thing to a best friend I have. We are very honest with each other and always tell each other what we think. Part of me thinks I am not ready to tell anyone yet. Part of me thinks by not telling her and keeping it a secret, it's as if I'm doing something wrong or that I'm ashamed of, and I'm not. I'm happy and proud to be a naturist and what it has done for me. And how do I tell her? Just say it, or show her a video first and then tell her? And how will she react anyway?"

D Well, this seems a good one to hand over to our contribution to the brat pack. What d'you think, son Stu?

S Well, I say just tell her. Come straight out with it, and she

probably won't give a hoot one way or the other. Worrying about it is worse than getting on with saying it.

D Like when you wanted your ear pierced you mean - and we - um - thought you were a complete degenerate and on the rocky road to drugs and annihilation?

S But I did get my ear pierced - and I'm still in one piece.

D Yes, and I wonder why we were worried about it now. I reckon there must be more people with pierced ears (and other parts) than non-pierced these days.

G I think he should tell his mum, but the video bit is a good idea. Or maybe mention, if you're going out for the day some weekend, that you have discovered it's near a naturist beach and you thought you'd give it a look. That way you can assess her reaction before you tell her the truth, the whole truth and nothing but the truth.

D We all fear parents' reactions on just about anything we assume won't fit in with their way of thinking. I'd say eight out of 10 times, we're way off in our assessment. As parents, I'm sure we'd all rather know of our children's interests than not. After all, it's what makes them unique individuals. And you're 21, not 15! George's idea is a good one. Or - show her the (full) letter you wrote us - it sums it all up beautifully.

S,G,D: Good luck!



G Maybe he should get in contact with the next person?

"I'm not sure how to start, but here goes. I'm a 19 year old and I've enjoyed being nude as long as I can remember. Many glorious summers have passed, and only once did I go on a nude beach. Unfortunately an old man decided to stare at me and asked if I fancied him. I said no, but he kept pestering so I went off. That was when I was on holiday. There are no naturist beaches near me now. I rang British Naturism and they told me the local reps' names. I asked them for anyone who lived round here and they said they couldn't help me. I suppose I shouldn't have asked them, but I didn't know how to start! I just want to join a club or group near me. I've been looking all these years to no avail. In H&E recently a woman asked why there were no naturists under 25. Well, I'm one, and I'd love to meet others. There must be loads of others like me who just can't get started! I do worry about people not liking me and stuff like that, but that's a worry about meeting people clothed anyway, so I'll cope with that as best I can as usual."

D Life can be so difficult! I understand completely why the rep wouldn't give you the names of people near you, (I'd be hopping mad if someone dished out our details!)

I'm surprised though that they didn't suggest the Singles Outdoor club, as a start. Write to: The Secretary, c/o BCM SOC London WC1N 3XX. The SOC organises events up and down the country, including visits to clubs and beaches, and even overseas trips, and is aimed at anyone who is single.

G I'd try another trip to an "official" nude beach too, but make sure it's on a good sunny summer's day. That way, there should be a lot of people about. Then, if you get approached by a weirdo, (and please let's not pretend they don't exist, even in the ultra-respectable clubs they sometimes do), your best bet is probably to approach someone

else on their own, or an older couple who seem OK, explain your problem about the weirdo briefly, and ask if you can go over and join them if he approaches again. Most people will be happy to help in those circumstances as long as you don't overstay your welcome.

D Here's another man (29 year old this time) who can't get what he wants:

"I've been trying to find a partner through the matrimonial agencies. Mistake! All that's happened is I've spent a load of money with them. I'm looking for a real fitness fanatic working in the body building field who is an understanding nudist. Blonde and full of muscles and of my generation as well as sweet and tender. This would be the woman of my life. Even just as a penpal I'd like to correspond with someone like that.

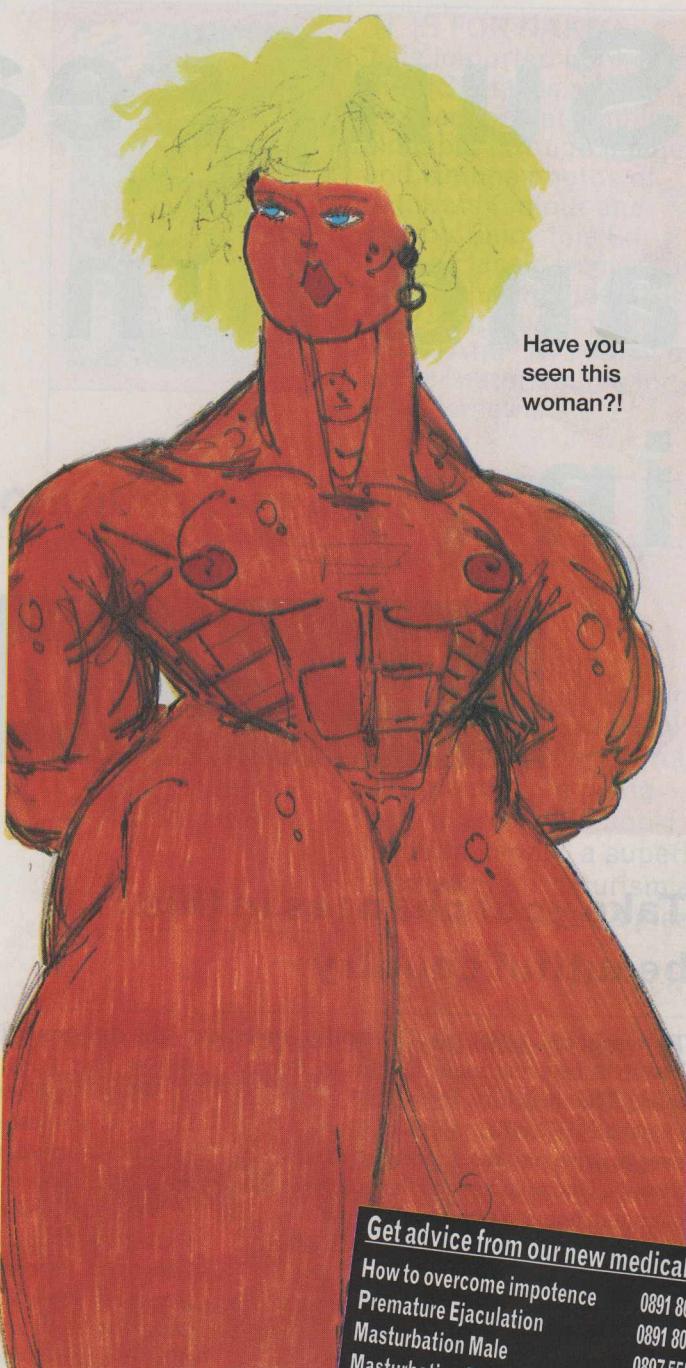
I'm a body fitness fan of Mediterranean origin. I've sent a drawing of my dream woman so you can see what I like."

Crumbs! Most men find it hard enough to meet up with a girl who's into naturism. But a muscle-bound, blonde nudist female? I've never even seen one anywhere - have you?

G They probably roam on those beaches of St Tropez that you dream about every now and again. Still - anyone out there who looks like the pic on this page and is interested to correspond with our chap (who writes English, but is French) please let us know!

D There is one other thing that

If you have a problem or you just want to discuss something with George and Diana (and Stuart), you can write to them at New Freedom Publications Ltd, Bow House Business Centre, 153 - 159 Bow Road, London E3 2SE. Send an s.a.e if you'd like a reply. Also, if you have any extra ideas of help and advice for any of the problems aired on these pages, please do write in with them.



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all this month's people could do. They can ring up our Meeting Place line - the Friends line for the two naturists and the contact bit for the macho man. It's free to leave an ad after all, and what have they got to lose?

P.S. Remember the chap who was worried about being an epileptic and joining a club? We're delighted to report he and his fiancée have now joined a swim group and are taking their first naturist holiday together soon. (In fact, by the time you read this they'll have taken it and enjoyed it!)

S,D,G Congratulations!
See you next month! HE

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Sun, sea and fun in . . . Ireland



Take your chances in this beautiful country

To reach the beach at **Corballis near Swords** take the main Dublin to Belfast road. The beach is near the village of Donabate, 10 miles north of Dublin. You need to drive past the airport and the town of Swords. One mile beyond the last of a series of roundabouts watch for the right turn off the dual carriageway which leads down to the beach.

Drive onto the beach and park as far down (southwards) as possible for about half a mile. Park up and walk for 700-800 metres. Naturists use the open beach and occasionally the dunes.



You can strip off at **Vico Road bathing place** first thing in the morning before textiles arrive. There's access to the sea from the rocks and also a man-made pool. When textiles do arrive, naturists can move south around the rocks to a small cove.

Vico Road is just outside the village of Dalkey, a couple of miles south of Dun Laoghaire. Park in Dalkey on Sorrento road then walk down Vico Road. Pass a small car park on the left and then after 100 yards go through a gap in the granite wall on the left.

Follow the zig-zag path which will lead you down to the bathing spot.

Inch on the Dingle Peninsula is one of the best-known beaches in the country. The sheer size of the beach means it's easy to enjoy some undisturbed naturism. To keep safely away from the textiles, walk for about half a mile down the beach.

To reach the beach turn off the N70 road

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For information on naturism in Ireland contact the Irish Naturist Association on (01) 541178 between 11am and 3pm on Tuesday, Wednesday, Thursday and Friday or by calling at 78 Francis Street, Dublin 8 at the above times.

at Castlemaine on to the R561 and drive westwards towards Anascaul along the coast. Continue for about 12 miles until you reach the village of Inch.

Bartraw beach is five miles from Westport bay in County Mayo. Take the R335 from Westport towards Louisburg. After passing through the village of Murrisk, take the next turn to Bartraw Beach which is on a small peninsula.

Trawmore Sand on Achill Island is a long beach which can be both sandy and rocky. It's recommended naturists use the eastern end near Dookinelly. Take the R319 from Achill Sound towards Keel for about five miles. There is a turn off for Dookinelly. You can also get there from Keel but you have to walk for a long while. 

FUN IN THE SUN

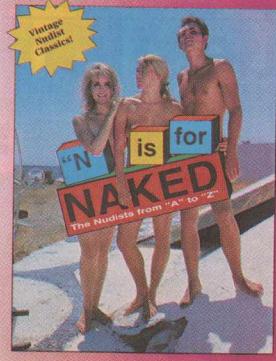


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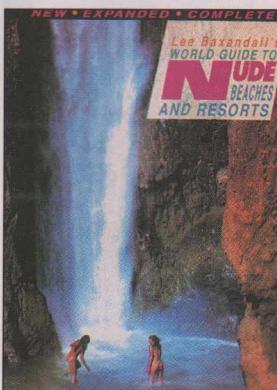


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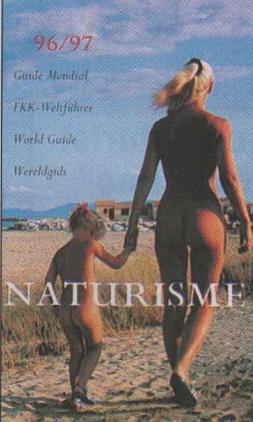
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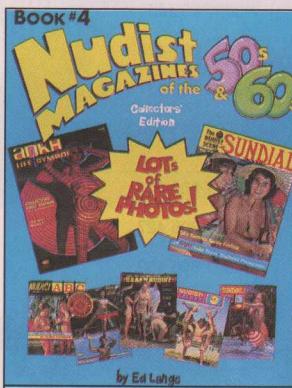
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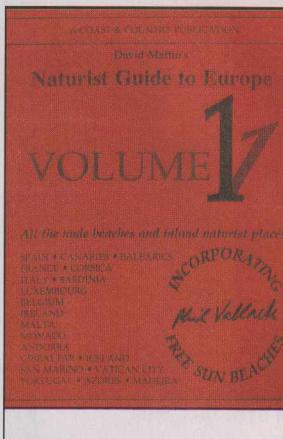


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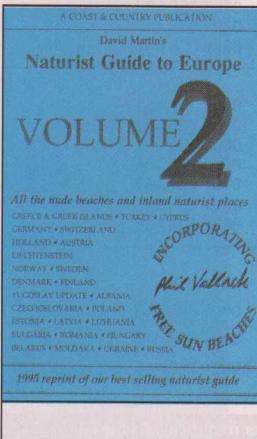
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